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WEEKEND, FEBRUARY 3-5, 2017



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With so much division and hate in the world, these immigrants and refugees from the seven countries recently banned by the U.S. are **waging love, not hate** — in all of Metro's cities Canadawide

Canadians show an 'eagerness and interest to learn about different people and different cultures, and just sharing the love for humanity'

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JENNIFER FRIESSEN/FOR METRO



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QUEBEC MOSQUE SHOOTING
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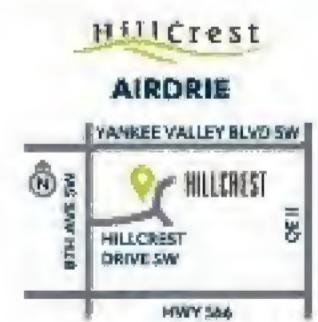
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WAGE LOVE! A SPECIAL EDITION

Good news: Canada's Shubenacadie Sam predicts an early spring.

**Yay!
I Didn't
see My
SHADOW**

Mayor tells all Canadians to remember who we are

QUEBEC SHOOTINGS

Never felt he couldn't do any job because of his faith

Helen Pike
Metro | Calgary

There was never a job Mayor Naheed Nenshi thought he couldn't do because of his faith or his ethnicity.

From his childhood beginnings in Marlborough, the mayor remembers growing up in an already diverse northeast community. But it was welcoming refugees that shaped significant change in his community.

"We welcomed many families from Vietnam who were fleeing, we called them boat people," said Nenshi. "They changed the tenor of my community only for the better."

It was a time in his life, when the mayor was only in grade school, which stuck with him. It was the epitome of open mindedness, open heartedness — the Canadianess that draws people in.

He remembers first being elected and suddenly finding himself, that same boy from humble beginnings in Marlborough, now famous.

"I wasn't expecting that,"



Mayor Naheed Nenshi says he was struck by the open mindedness, open heartedness — the Canadianess that draws people in. HELEN PIKE/METRO

said Nenshi. "They didn't want to talk about my brilliant cam-

paigning, my great ideas for cities, or my outstanding hair. Or

even my ethnic background — they wanted to talk about my

faith. I was a bit struck by that because growing up in Calgary I never once thought there was any job in this city I couldn't do because of my faith."

He said that's something Canadians take for granted; we don't recognize how unique that is.

"I think it's important for us, especially today, to reach out our arms and say 'we still believe that.'"

This week, in the wake of the Quebec mosque shootings Nenshi has been spreading that message, and messages like it to thousands of Calgarians. And a moment that's stuck with him is when he spoke in front of thousands of citizens at an interfaith vigil.

A young Rabbi addressed the crowd, and according to the mayor simply said: "I want all my Muslim brothers and sisters to know that the Jewish community stands up for you, and will fight for you."

But that wasn't the mayor's favourite part of the meeting. That came later, as he noticed the same Rabbi sitting next to a young Muslim leader.

"They have the same beard," the mayor laughed. "They were united in hipsterdom over being divided by faith — it was awesome, and they had their arms around each other for the whole thing."

That's what spoke to Nenshi about what kind of people Calgarians, and Canadians are.

REFUGEES

Remove caps, says Nenshi

As Canadian municipalities look to make up for the Trump administration's trepidations when it comes to accepting refugees, Mayor Naheed Nenshi is looking to the feds to remove barriers and open arms.

On Wednesday, Premier Rachel Notley talked about Alberta's willingness to welcome more refugees, should the federal government remove caps limiting the number of people fleeing other countries arriving in Canada.

Calgary's mayor is willing to take that sentiment a step further, adding a two-fold strategy geared toward how Calgary can do more. "In the very short term we have people who are desperate, who are fleeing terror, who are fleeing violence and we need to make sure we are available to help them."

"The easiest, fastest way to do this is for the federal government to lift the cap on privately sponsored refugees and make that system work much faster."

He noted when Calgary accepted thousands more refugees last year than in a typical year, and with the economic downturn easing up housing availability, 2017 could be another great year to accept refugees.

He said his number one concern is the availability of language training, which was an issue in Calgary last year. He's encouraging citizens to volunteer in informal language training to help newcomers along — things like "conversation cafés."

HELEN PIKE/METRO

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EDUCATION

University of Calgary paid nearly \$700k in levies for 2016

 **Helen Pike**
Metro | Calgary

Last year, the University of Calgary, a publicly-funded institution, paid \$693,000 in property taxes to two orders of governments for their residential buildings.

According to both the Students' Union and administration, these amounts are considered an expense, and can take away from the programming and capital improvements post-secondary institutions in Alberta could be making on campus.

And it's one of the SU VP external Tristan Bray's top advocacy goals as the municipal election looms and the province eyes following in several other jurisdiction's footsteps



Students' Union, University of Calgary 2016 VP external Tristan Bray. Both students and university administration are hoping for an exemption for the institution's residences. METRO FILE

— exempting post-secondary institution's residences from taxation.

"These are publicly funded institutions," he said. "Through my conversations with city councillors we hear that the city needs this revenue."

According to Bray's approximations, the 2,700 students in

residence are footing roughly \$250 for the bill.

He wants to put the issue on new municipal candidates' radars.

"It's not fair to only tax resident students, which are not a majority of undergrad students at the U of C," Bray said.

In a provincial document,

published in November, Bray said exempting post-secondary residences from taxation was one of hundreds of municipal powers being explored as part of the City Charter discussions.

Randy Maus, Residence Services at the University of Calgary, said eliminating the tax would most certainly be

a benefit for the institution, but he said if that time comes, reducing rent would have to be a discussion at the institution. He noted the cash could help programming, and improve the student experience, which is a mutual agreement between the school and Residence Students' Association Bray pointed to.

"Just like any rental in the city...we're no different. We look at all of our expenses when we're determining our fees," Maus said. "We're not subsidized in any way, there are no additional funds, no government funds, there's no pot of money to offset property taxes or any other expense."

FENTANYL Nenshi up for harm reduction pilot

It's being called a crisis, and Naheed Nenshi says the country needs to move on it "like, yesterday."

"This is all fast, it's happened quickly and if British Columbia's any indication it's only going to get worse," said Nenshi. "People are dying and we have to figure out ways to help them."

Looking for innovation, he's hoping the federal government can choose Calgary as a pilot capital for innovative harm reduction strategies.

This was a key topic of discussion at the big city mayors meeting in Ottawa last week.

Coun. Brian Pincott said it's a wave going across the country, and municipalities are the ones facing fentanyl head on. In his opinion, municipalities need to make an effort to ensure Ottawa supports them.

"It has to be a strong municipal voice to recognize this is a health crisis, that this is a social crisis that is going to be sweeping the country," said Pincott.

HELEN PIKE/METRO

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Baby tooth identified on Garland farm

COURT

Trial hears details on forensic evidence

Lucie Edwardson
Metro | Calgary

A nearly 50 year veteran of dent-

istry and forensic dentistry told jurors he identified a baby tooth amongst the biological material police provided to him from the Garland farm.

Douglas Garland, 57, is charged with three counts of first-degree murder in the apparent summer 2014 slayings of Alvin and Kathy Liknes and their five-year-old grandson Nathan O'Brien.

Dr. John William Blair, who testified as an expert witness in

Douglas Garland's triple-murder trial Thursday, said a tooth believed to be the molar of a child was found.

"It's more likely than not," Blair said when asked by defence lawyer Jim Lutz if it was possible the tooth wasn't a baby tooth.

Dr. Blair said he was provided another tooth sample, and concluded it could not belong to Kathy Liknes.

"It had no crown on it ... Kathryn Liknes' records indicated she

had root canal ... plus crowns on those teeth," he told the court, adding it was a "virgin" tooth that had "consistencies enough" that he couldn't rule out the tooth belonging to Alvin.

An agreed statement of facts read out Thursday said Garland held a standing appointment with his psychiatrist, Dr. Fischer, each Monday morning at 8 a.m. and was half an hour late on the day of June 30, 2014, which was "unusual." The receptionist didn't

notice any marks or injuries on Garland when he arrived.

Kathy McCaw, a civilian member of the Calgary Police Service who works as a forensic video analyst, gave evidence to jurors about video comparisons she'd done for footwear and a truck police believed to be related to the case.

McCaw said she was then asked to compare the sample shoes with shoes seen worn by a man in CCTV footage at Princess

Auto in May of 2014.

She "did not observe any unexplainable inconsistencies" between the two pairs of shoes.

McCaw next compared an "unknown" truck to photos and a reenactment video using the seized Garland truck. The "unknown" green truck was seen on the Likneses' street in CCTV video numerous times between three and eight a.m. in the early hours of June 30, 2014, the day the Likneses and Nathan disappeared.

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Students at Bowcroft Elementary School in Calgary start their day with a healthy breakfast as part of the province's pilot nutrition program. ELIZABETH CAMERON/FOR METRO

FOOD SECURITY

Pilot program helps students to focus

Elizabeth Cameron
For Metro | Calgary

An apple a day keeps the children focused on their studies, according to a teacher at Bowcroft Elementary School in Calgary.

Each day, pupils at the school are greeted by a feast of healthy breakfast choices to choose from thanks to a pilot nutritional program launched in November by the provincial government. Fourteen school authorities in Alberta were funded to set up meal programs at schools of their choice, provided the meals are based on Alberta's Nutrition Guidelines for Children and Youth.

MLAs Michael Connolly and Deborah Drever visited Bowcroft on Thursday to see how the program had impacted students.

Frank Moeller, a teacher at the school for 14 years, shares a meal with the students every morning.

"It's really nice, we get to start the day together on a friendly note," Moeller said.

He said the regular breakfasts have increased his student's focus in the classroom, because they aren't focused on their hunger.

"It helps the kids come to class satisfied and happy," Moeller said.

"When we start our academ-

ics, everyone's ready."

Parents can also stay for the buffet-style meal, which typically offers a variety of fruit, vegetables, and grains.

"We have a lot of families that need this, and we're just happy to be able to provide it," Moeller said.

Nancy Seefried coordinates the program, and said feedback from teachers has been positive.

"We feed between 130 to 140 kids every morning," Seefried said.

"We definitely go through a lot of food."

Some students would otherwise worry about getting enough to eat, but Seefried echoed Moeller and said the program lets them focus on school instead.

"It's great, I see lots of smiles," she said.

The cost of the pilot is an estimated \$3.5 million, coming out of the Alberta Education budget for the 2016-2017 school year.

The provincial government has confirmed the program will be expanded in the years to come, with \$10 million allocated for next year and \$20 million allocated for 2018-2019.

Moeller said the daily meal helps him start his mornings right.

"I get to know kids from other classes, and I don't have to worry about my breakfast in the morning," he said.



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Students at Mount Royal University who have struggled with eating disorders smashed scales on Tuesday to demonstrate their weight does not define them. COURTESY MOUNT ROYAL UNIVERSITY

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HEALTH

Calgary charity plans to build new treatment facility



Elizabeth Cameron
For Metro | Calgary

Fundraising has begun on a much-needed treatment facility for Albertans battling an eating disorder (ED).

The first week of February is Eating Disorders Awareness Week across Canada, and local organizers are hoping to draw attention to the mental illness that affects more than 33,000 Albertans.

Currently, there are two provincially funded treatment programs for ED's in Alberta, one in Edmonton and one in Calgary.

That's not enough, according to the Calgary Silver Linings Foundation (CSLF), a charity created by parents who had a difficult time finding support for their children struggling with an ED.

The CSLF is working to establish a dedicated eating disorder (ED) treatment facility in Alberta within two-to-three years.

"When it affected my family, we really didn't know anything

and we made all sorts of missteps," said Brad Pierce, CSLF co-founder. His son has battled an ED for almost three years.

"We wanted to create a better situation for other families facing this circumstance," he said.

The facility will have up to 12 beds for individuals with an ED who don't need hospitalization, but require longer-term care to overcome their disorder.

Mark Lagimodiere, manager of the Calgary Eating Disorder Program (EDP) and Paediatric Consultation Liaison Clinic for AHS in the Calgary Zone, said resources to care for patients with ED's are limited.

"In Calgary, our greatest need right now is to see additional in-patient services, and a separate standalone in-patient unit," Lagimodiere said.

There are six in-patient beds in Calgary for people with an ED who are admitted to hospital for around-the-clock-care.

These in-patients participate in group therapy and are provided with three meals and two snacks a day.

Lagimodiere said the clinic's services are continually in demand.

"We obviously have limited resources," he said.

Sue Huff, executive director for the Eating Disorders Support Network of Alberta (EDSNA), said additional treatment facilities would alleviate the pressure on

existing ones.

"In Calgary, they're very over-subscribed, and in Edmonton they're absolutely packed to the rafters," Huff said.

"It would be smart to have broader care to avoid people being re-admitted to hospital, which ends up costing (the province) more money," she said.

Pierce said he understands funding is limited, but more emphasis on mental health care is necessary across the country.

"Eating disorders are a serious mental illness, once (some one gets) into a pattern, it starts to take over in the brain and become an unconscious process at that point," Pierce said, describing something he has experienced with his own child.

"We need to expand care, not only for eating disorders, but all mental illnesses."

+ TYPES

Anorexia nervosa, the least-common type of eating disorder, has the highest mortality rate of any psychiatric illness in Canada. Eating disorders include, but are not limited to: binge-eating disorder, bulimia nervosa, anorexia nervosa, and restrictive dieting.

Awareness Week

The first week of February is Eating Disorders Awareness Week Across Canada, and the Eating Disorders Support Network of Alberta (EDSNA) has activities going on across the province — from

ceremonial scale-smashing to a panel discussion about how the disorders affect men.

"Eating disorders can affect anybody, and males are a population with increasing risk," said the EDSNA Calgary coordinator, Dr. Angela Grace.

Canadians should be shifting our focus away from weight, and instead, focus on being healthy and celebrating diverse body-types, Grace said.

"We can't look at someone and tell what their health status is or what their personality is about."



Jen Magnus Ward, an officer with the Calgary police, read out her resignation letter at a CPC meeting Tuesday. She wants to leave the force because of way they dealt with her allegations of harassment and bullying. HELEN PIKE/METRO

Nenshi tells officer: 'We believe you'

SEXUAL HARASSMENT

Officer resigns as force says it is improving its systems

Helen Pike
Metro | Calgary

Calgary's mayor has publicly said CPS needs more people like Jen Magnus Ward on the force, people who will step forward and stop at nothing to have their voices heard.

On Thursday, Mayor Naheed Nenshi told reporters the 14-year officer's resignation in a public police commission meeting was "heart wrenching" to watch.

"I'm so sorry that this has happened to you, we believe you, we will support you, and I hope that you will still consider having a career at the Calgary Police Service," Nenshi said. "Because it's people like you who are great officers, who are great public servants who deserve better."

Nenshi reiterated that he has full confidence in CPS, the commission and association, underlining that they are currently working to improve their human

resources system, and improving the way complaints come forward, so whistleblowers can freely step forward.

"It means making expectations clear across the system on what kinds of behaviours are acceptable and unacceptable within the system," said Nenshi. "And it means supporting those who come forward to make sure everybody has the ability to be heard, and it means that our system of human resources is sufficiently flexible to provide people a great career."

That being said, he noted council and the city has expectations, and that includes giving every person that enters CPS the career they deserve regardless of their background, gender or ethnicity.

"There are things that are unacceptable in a modern workforce," said Nenshi. "You don't send dirty pictures by text message, for example, to your coworkers. This is not rocket science, we've got to have a service that's welcoming, and where people feel safe going to work every single day, and don't feel harassed, and don't feel threatened and certainly, don't feel harassed or threatened for actually speaking out about how things could be better."

It's people like you who are great officers.

Mayor Naheed Nenshi

HOMELESSNESS

Housing must be a priority: Advocates

Brodie Thomas
Metro | Calgary

The provincial government has warned there will be no major new spending in the upcoming provincial budget, but advocates for affordable housing are still hopeful for increased funds.

Kevin McNichol, VP of strategy with the Calgary Homeless Foundation (CHF) said the organization is submitting written applications to the province's

budget consultations. The recent federal promise of housing dollars means the CHF is optimistic.

"I think, from a capital perspective, there's expectations that significant amounts of funding should flow to support the building of affordable housing, both in urban areas and on reserves," McNichol said.

Kim O'Brien, CEO of the Horizon Housing Society echoed McNichol's hopes about federal funds trickling down.

"We would hope that type of

commitment would also make its way through to the provincial budget," she said.

O'Brien said her organization feels there needs to be an increase in the available capital to build new housing.

"Investment in affordable housing is a double win. It's the kind of investment that creates jobs," she said, adding that they're expecting 700 to 800 people will work on an upcoming build they're involved with.

McNichol said the city is in

need of another 1,400 housing units which would cost an estimated \$136 million. They also need about \$88 million over five years for program supports.

McNichol said while those numbers sound high, a single highway interchange can start at \$250 million and approach \$500 million.

"Are we going to fix the traffic issue which causes us a bit of inconvenience, or will we make sure 1,200 Calgarians are no longer at risk of not having a home?"

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If You Bought Sylvania Automotive Lighting You Could Get Money from a Class Action Settlement

Detailed information and updates are available on the Settlement Website:

www.autolightclaims.ca

A Canada-wide Settlement has been negotiated in class actions relating to the marketing and sales of Osram Sylvania Premium Automotive Lighting. This Settlement has been approved by the Courts and will provide benefits to purchasers of the following "Covered Products":

SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules

SilverStar, XtraVision, or Cool Blue sealed beam headlights

SilverStar fog or auxiliary lights

ARE YOU INCLUDED?

You may be a Class Member if you purchased a Covered Product in Canada from September 22, 2005 until December 31, 2014.

WHAT IS THIS CASE ABOUT?

The lawsuits claim that Osram Sylvania, Inc., Osram Sylvania Products, Inc. and Osram Sylvania, Ltd. ("Sylvania") misrepresented that certain replacement automotive lighting is brighter, provides a wider beam and allows drivers to see farther down the road than standard halogen lighting. It also claims that Sylvania omitted material information regarding the reduced life of the replacement lighting. Sylvania denies that it did anything wrong. The Courts did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?

A Settlement Amount of not less than CDN \$1,150,000 (the "Settlement Fund Minimum") and not more than CDN \$1,750,000 (the "Settlement Cap Maximum") is intended to pay claims to eligible Class Members, Notice Costs, Claims Administration Fees and Expenses, Class Counsel Fees and Expenses, and Honorarium Awards to the Representative Plaintiffs. In addition, Sylvania has also modified certain product(s) packaging. Full details about the Settlement are available on the Settlement Website at www.autolightclaims.ca.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?

Individual Class Member may qualify for Compensation for one of the following, irrespective of how many products have been purchased:

Covered Products	Initial Amount	Maximum Amount
SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules	\$12.00	\$24.00
SilverStar, XtraVision, or Cool Blue sealed beam headlights	\$12.00	\$24.00
SilverStar fog or auxiliary lights	\$12.00	\$24.00

For each Claimant who submits a valid Claim, payment as described above will be issued, so long as providing such Compensation does not exceed the Settlement Cap Maximum. If providing each Claimant with such Compensation will exceed the Settlement Cap Maximum, then in such circumstances each Claimant's Compensation will be reduced on a pro-rata basis.

HOW DO I ASK FOR A PAYMENT?

To receive Compensation, eligible Class Members must submit a Claim Form to the Claims Administrator through the Settlement Website, by email, or by mail sent no later than **May 4, 2017**. The Claim Form only takes 3-5 minutes to complete. No proof of purchase is necessary.

WHEN SHOULD I MAKE A CLAIM?

Immediately - the Claim Form is already available on the Settle-

less the withholding owing to the Fonds d'aide aux redevances collectives (for Quebec residents only and if applicable).

This Notice has been approved by the Ontario Superior Court of Justice and the Superior Court of Québec.

10

Calgary | metro NEWS



Mar Russell, Katie Bevan, Andy Jay and Sean Close are celebrating 10 years of providing live music at Distortion. AARON CHATHA / METRO

Set backs won't stop underground scene

MUSIC

From Distillery to Distortion: four venues, 10 years of music

 **Aaron Chatha**
Metro | Calgary

were involved with the culture there. When the original owners decided to sell, the D Crew, as they call themselves now, decided to take over and add more live music nights.

Just as they started gaining steam, it suddenly came crashing down: a new owner took over the building, and did a clean sweep. When the leases ran out, the businesses were out on their feet.

But for the D Crew, they took the chance to expand, snapping up an old theatre and transforming it into the Distillery Rock n' Roll Ballroom. They hosted bands from Sticky Buds to Bone Thugs and Harmony, quickly building momentum as a popular venue.

But again they lost the space — on paper, they were incorrectly registered as a sub-lease of the steakhouse above, so when the steakhouse got the boot, so did they.

With a year's worth of performances already booked, they scrambled into their third venue, in the Eau Claire area. Despite having the appropriate licenses, it didn't go over well with residents.

"Even on days we weren't open, we would get noise complaints," laughed Close.

Eventually, mounting complaints from a section of the community led them to vacate the space. This time though, they didn't rush to a new location.

In fact, they disappeared for about a year, taking their time and searching across the city.

"We wanted to make sure that wherever we moved, the landlord, the community and the city were well aware of exactly what we would be doing: loud music, punk rock, heavy metal, EDM, leather, hair, tattoos!" said Close.

"Before we sign any paperwork, this is what we're doing."

They found the perfect location at 10 Macleod Trail, and dubbed the new entity Distortion.

"The atmosphere, from the moment you walk through the door, you meet a great staff," explained Russell. "Run past the bar, order a drink, run into a whole bunch of people you see at every show, everybody skips to the stage to watch the next band, band plays, blows everybody's mind. Pictures are had. Drinks are had. And all of a sudden, it's the end of the night."

After a rocky road, the D Crew have found a venue they're determined to make their permanent home.

SHOW

D Crew celebrates decade

The crew is celebrated 10 years over four locations by hosting a show on Feb. 11, featuring bands that have been in the Calgary music scene for the past decade.

Acts include BDFM (back for one show only), Exit Strategy, Hypno Pilot and No More Moments.

The gang is putting up a second stage for the show, which will feature contortionists, freak shows, acoustic music and a positive rap battle.

"We're going to try and build the same atmosphere that the first distillery was," said Katie Bevan, manager. "It was really small and intimate, so we want to build that vibe here."



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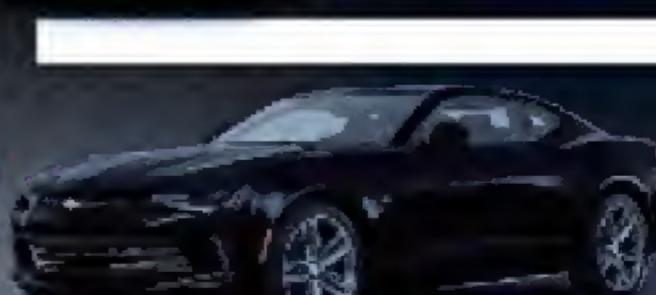


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13103 Lake Fraser Drive SE



Hot takes on hot chocolate

AARON CHATHA METRO

The annual YYC Hot Chocolate Festival is in full swing, and Metro picked a few cool-sounding drinks from the website to try out.

The festival runs at different coffee shops throughout Calgary, offering unique recipes until the end of the month. Part of each purchase goes towards Meals on Wheels, and Calgarians can vote on their favourite at yycchotchocolate.com.



Maple Bacon Hot Chocolate

Found at Odyssey Coffeehouse

In the grand tradition of adding bacon to everything, this hot chocolate comes with a strip of delicious-looking bacon adorning a frothy top. If only looks were everything.

Don't get me wrong, this is a solid hot chocolate, topped with maple syrup and is very easy to drink. But the bacon is super disappointing. It's served cold, which is unfortunate when ordering a hot drink.



1502 and the Choco Julip

Found at Alforno

Alforno has two offerings this year. The first is a very wild experimentation: **The 1502** is finished with squirts of Sriracha hot sauce, and it's got quite the kick. My throat twisted into a fire hotter than the molten pits of Mount Doom. A mightier temptation than the one ring, be bold and mix well when trying this drink.

The second offering is the bourbon and mint-infused **Choco Julip**. Like the 1502, it's very strong, but immensely satisfying.



Hazelnut Heaven

Found at Caffé Blanca

This drink is blue! Blue! Using vanilla whipped cream, this is a thick drink that tastes as good as it looks. It's super fluffy though, with a healthy helping of marshmallows on top.

The vanilla taste is very present, which I definitely enjoyed, but if you're hoping for something that tastes like a traditional hot chocolate, look elsewhere. This one is its own unique treat.



A Hot Ball of Fire

Found at Hear's My Soul

Of all the cups I tried, this is my favourite. It's made with an ounce of Fireball Whiskey, peppered with cayenne and topped with cinnamon toasted crunch cereal.

It's amazing. My mouth made Ohs and Ahs it had never made before, twisting and contorting as the fiery liquid filled my body with new heights of passion, suffocating my senses until all that was left was a sublime, uncontrollable pleasure. It was pretty darn good.



Inzuppata Calda

Found at PZA Parlour

A Nutella-infused base is topped with a marshmallow foam, rimmed with Pop Rocks and a delicious donut dunked in for good measure.

This is for the sweet chocolate lovers, as it's a really heavy drink. All the elements really work though, including the pop rocks, making a drink that's actually as fun to drink as it is tasty.

PHOTOS 1-3: AARON CHATHA; PHOTOS 4 & 6: JENNIFER FRIESEN/FOR METRO

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Mess is based on Caroline Horton's own experiences with anorexia. COURTESY CAROLINE HORTON

Hard truths of anorexia

THEATRE

Mess arrives on the Vertigo stage on Feb. 3

Aaron Chatha
Metro | Calgary

Caroline Horton's production about anorexia, opening at Calgary's Vertigo Theatre, first took root as the tiniest of comments during a talk at her former high school.

Having just finished theatre school in Paris, Horton returned to her home in England and was asked to speak to the newest batch of students about to graduate.

"So, I went back and sort of talked for 10 minutes about what I've been doing since leaving the school," she recalled. "I talked about the usual stuff, and I also mentioned — very briefly — that I'd been overcoming anorexia and associated eating disorders, and was starting to work out what recovery meant to me."

After the talk, Horton spent the next four hours talking with students, parents and teachers, having opened a floodgate of questions and emotions.

She wasn't an expert, but she was willing to listen.



I wanted those people who were afraid of asking the wrong questions to feel understood by it.

Caroline Horton

how they're feeling.

Knowing that audience members may also be struggling with the illness, they try to avoid presenting anything that could be triggering, while providing an informative, engaging production.

Mess opens on Feb. 3, as part of Vertigo Theatre's Y Stage Series. For more information, visit www.vertigotheatre.com.

WEEKEND EVENTS LOTS TO SEE, AND DO, AROUND TOWN

Friday: Northeast: The Show

Comedians Andrew Phung and Jamie Northan come together to create an entirely improvised play about growing up in Calgary's northeast. They bring together stories of action, romance, diversity and the qualities that represent the quadrant of the city, at the Loose Moose stage.

loosemoosetheatre.com

Saturday: Filumena

In honour of Canada's 150th birthday, John Estacio and John Murrell's opera *Filumena* comes to stage. The story follows an Italian immigrant trapped in a loveless marriage, who finds the passion lacking in her life through a forbidden love affair. The opera originally premiered in 2003.

calgaryopera.com

Saturday: Flashback Film Fest

Eau Claire Market Cinema takes part in the Flashback Film Fest, which features 17 movies from the 1980s and 90s. Movies include *Blade Runner*, *Air Force One*, *Fargo*, *Fight Club*, *Heat*, *Legend*, *Princess Bride*, *Trainspotting* and more. The festival runs until Feb. 19.

cineplex.com

Sunday: Human Bonspiel

No sweeping required — launch yourself across the ice and slide closest to the button. Teams of four gather to play, with each team member sliding across the ice three times. Team registration is available at the event, and winners will compete at the finals on February 10. Proceeds support KidSport Calgary.

universe.com

AARON CHATHA/METRO

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2013 LEXUS RX 350 F SPORT STK#7156A  SALE PRICE \$35,363 <small>ONLY 21,000 KM'S FULLY LOADED!! BELOW MARKET VALUE PRICING!! 2 TO CHOOSE</small>	2013 LEXUS RX 350 TOURING STK#7232A  SALE PRICE \$35,013 <small>ONLY 29,000 KM'S W/ NAVIGATION!! BELOW MARKET VALUE PRICING!! 2 TO CHOOSE</small>	2012 FORD FIESTA STK#7163A  SALE PRICE \$7,998 <small>ONLY 77,000 KM'S GREAT ON FUEL!! BELOW MARKET VALUE PRICING!!</small>	2012 HONDA CIVIC EX-L STK#161290A  SALE PRICE \$14,315 <small>ONLY 95,000 KM'S TOP PACKAGE W/ NAVIGATION!! BELOW MARKET VALUE PRICING!!</small>

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Residency sets up collaboration

SCENE YYC

Woodpigeon meets The New Pornographers in Frontperson

Aaron Chatha
Metro | Calgary

Calgary musician Woodpigeon and Victoria's Kathryn Calder of The New Pornographers have started a band.

It's a unique collaboration that has the envy of being created entirely at the National Music Centre, with full access to its vast library of historic instruments.

The duo has just completed the first day of 10 in their residency, where they are refining their lyrics and creating their first album under the name Frontperson.

"It was probably one of the greatest studio days in the history of recorded music," said Woodpigeon, a.k.a. Mark Andrew Hamilton. With his dry sense of humour, this reporter was unsure if Hamilton was being sarcastic or dead serious.



Longtime fans of each other's work, Mark Andrew Hamilton and Kathryn Calder explore the NMC's library to create a unique sound for their band Frontperson. JENNIFER FRIESSEN/FOR METRO

What was apparent was the chemistry between the two artists, who have both been celebrated for previous works, and easily exchanged jokes, thoughts

and energy throughout their session. Aside from a few emails, it was the first time they've worked together — and they're already talking about a second album

down the road.

In only a day, their workspace was littered with 15 keyboards, organs and other ivories.

"There's a lot of stuff that will

get written here, because of the instruments and the inspiration that will provide," said Calder. "I'm excited for the keyboards, being a keyboard player."

“Our whole project sort of solidified around this opportunity.”
Kathryn Calder

"I'm excited for Kathryn to play all the keyboards, because I'm not a keyboard player," added Hamilton. Exchanging knowing glances, they laughed in unison.

For bands of any size, audience or experience, Calder said the NMC is proving to be a great resource.

"This place has such an amazing collection of instruments and gear, and for artists, that's always hard to come by," she said. "The fact that we're allowed to be here for 10 days, in this space, and we're not paying for it, is a huge help for starting a project like this. In fact, our whole project sort of solidified around this opportunity."

In addition to recording their album, the duo will also hold a public workshop on Feb. 9 at the NMC.

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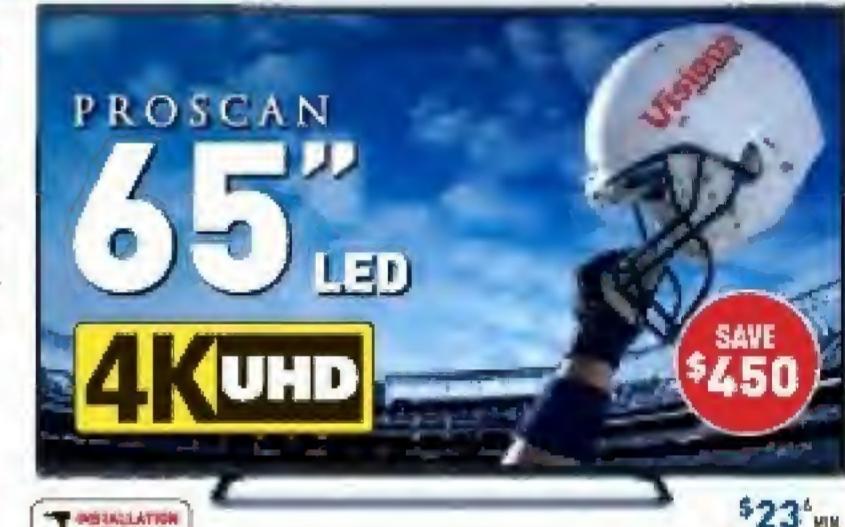
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CONSERVATIVE LEADERSHIP RACE

O'Leary posts gun video on day of funeral



Conservative leadership candidate Kevin O'Leary's campaign team on Thursday re-circulated a months old video of him at an American shooting range. YOUTUBE

Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kevin O'Leary's social media team posted a video of the TV personality firing several guns on the day three victims from the Quebec City mosque shooting were buried.

"Still have my shooting chops from my days as a military cadet at Stanstead College," read

the accompanying caption on O'Leary's Facebook page. "Getting up at 5 a.m. was hard but worth it."

Although the short clip, which was filmed at Lock & Load Miami, was posted directly to O'Leary's social media channels Thursday afternoon, it was originally uploaded to YouTube last March where it has been viewed more than 2,000 times.

The video was also uploaded to his Vimeo page for the first time Thursday.

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LESLEY-ANNE SCORGIE, TORONTO

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Mourners pray during a funeral ceremony for three of the victims of the deadly shooting at the Quebec Islamic Cultural Centre, in Montreal on Thursday. AFP/GETTY IMAGES

'We are all Quebecers'

MOSQUE KILLINGS

At funeral, PM urges solidarity

A brutal massacre at a Quebec City mosque has left Canada reeling in shock but also unified the country in solidarity with Muslims, Prime Minister Justin Trudeau said at a funeral service Thursday for three of the six victims.

"It is with a heavy heart that we come together this afternoon to grieve the loss of these innocent lives," he told the solemn crowd. "But as a community and as a country, together we will rise from this darkness stronger and

more unified than ever before — that is who we are."

Abdelkrim Hassane, Khaled Belkacemi and Aboubaker Thabti were devoted fathers who worked hard to ensure their families had a bright future, a dream Canadians across the country have shared for generations, Trudeau said. Several thousand mourners packed the Maurice-Richard Arena to pay their respects to the three men.

All six were fathers, "like me, like us," said Quebec Premier Philippe Couillard. "I want to tell Muslim Quebecers: you're at home here, we are all Quebecers," he said to thunderous applause. THE CANADIAN PRESS

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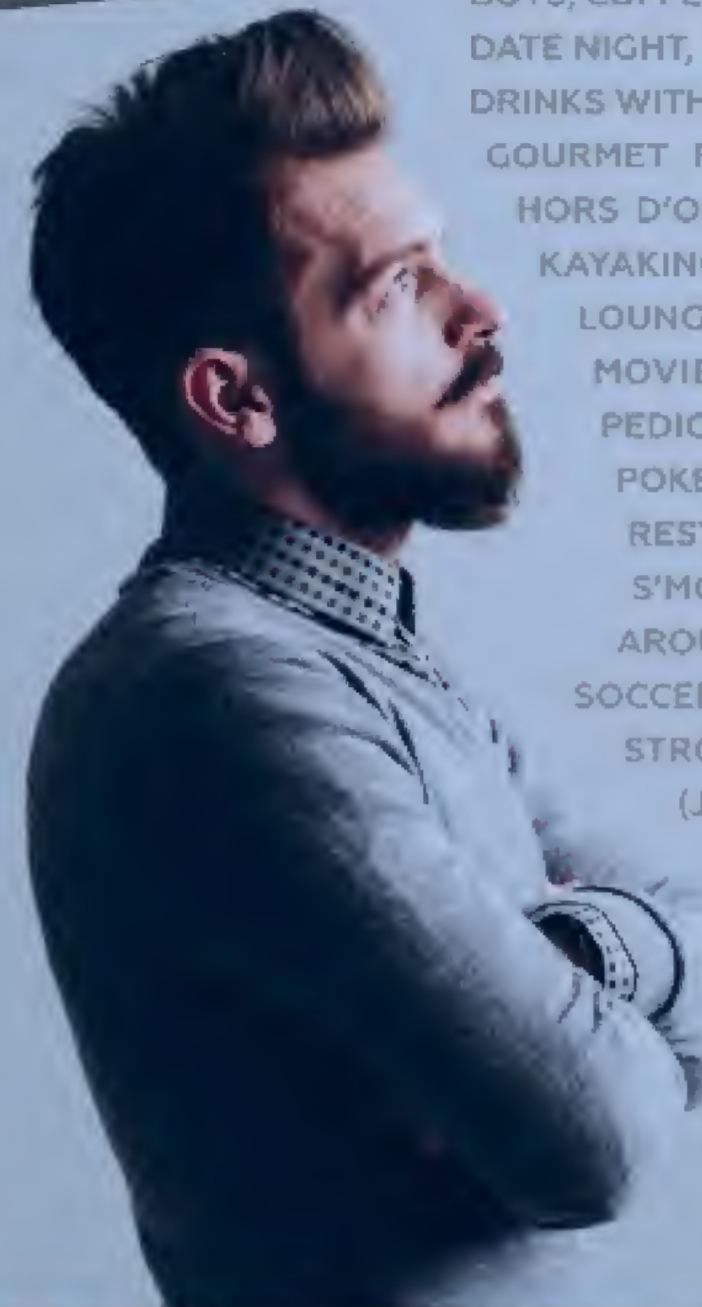
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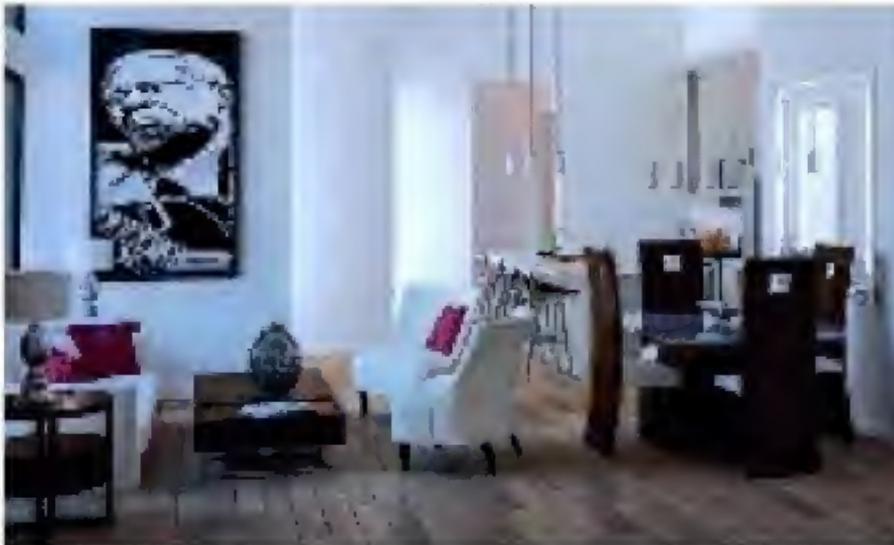
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The faces of love

Immigrants and refugees tell Metro what they love about Canada, and how to spread love across the world. METRO CANADA



Halifax's Abdalah Ahmad Al Ahmad

1 SYRIA - ABDALAH AHMAD AL AHMAD

Syrian refugee Abdalah Ahmad Al Ahmad arrived in Halifax with his wife and five kids last February. Their children had no access to schooling for the almost four years they stayed in Lebanon, so they were "thrilled" to come

to Canada.

When asked about how to best spread the love during troubled times, Al Ahmad pauses and smiles. The best way to spread more love, he believes, is for Canadians to just keep doing

what they're doing.

"Keep doing exactly what you're doing now. The most beautiful thing I noticed here in Canada is whenever you look at anyone you always find a smile on their faces... Just do that."



Calgary's Omar Al-Emrani

2 YEMEN - OMAR AL-EMRANI

A decade has passed since Omar Al-Emrani left his home in Yemen after being offered an engineering scholarship at the University of Calgary.

Just one year into his new life in Canada, a 19-year-old Al-Emrani took a friend up on the strange offer to hitch-hike to Vancouver.

"Along the way we were picked up

by four different people," he said.

"I was always curious to ask them — why? Why would you pick people up? But they all shared one thing: their eagerness and interest to learn about different people and different cultures and just sharing the love for humanity." In the end he got to know the country he now considers "home."



Winnipeg's Hani Al-Ubeady

3 IRAQ - HANI AL-UBEADY

Hani Al-Ubeady left Iraq 26 years ago to find the personal freedom and peace he says he now has in Canada.

"I chose Canada, and I think it was based on a gut feeling. Canada is a country of immigrants, built by immigrants," he said. "It's a country I can belong to."

Al-Ubeady said he started a new life

when he came to Canada. It's now his home — a place where he could pursue his goals without persecution.

"It is our country without any hesitation," he said. "Canada is an inclusive society with a few incidents. Now, I have children born here. They are proud to be here... We won't let hate shake us down."

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4 SUDAN - YOUSIF MAKKAWI

The way to spread more love in the world is for people to think of themselves as individuals, and not as members of a country or race. That's the advice of Yousif Makkawi, winner of the 2016 Outstanding Volunteer Award from the Ottawa Regional Cancer Foundation, director of the Sudanese

Canadian Association of Ottawa and member of the African Canadian Association of Ottawa.

Asked how to spread more love in, he said, "(People) should think of themselves as who they are.... You don't say, 'I am Sudanese,' or 'I am Canadian.' I am Yousif, and I love everybody."



Ottawa's Yousif Makkawi

5 IRAN - GOLSA GOLESTANEH

Golsa Golestaneh, 19, came to Vancouver in 2012 with her family, as government-assisted refugees. They fled from Iran, where her politically active parents were persecuted after mass protests in 2009.

"If they were arrested again, they would probably not survive," she said.

What carried Golestaneh through their escape was "love," she said, which she found in refugees' openness and understanding for others. "As a refugee, love is the basis of our society," she said.

Now, "love," to her, "looks like community."



Vancouver's Golsa Golestaneh

6 SOMALIA - OSMAN ALI

As a 20-year-old refugee arriving from Somalia in 1978, Osman Ali thought nothing was going to be easy.

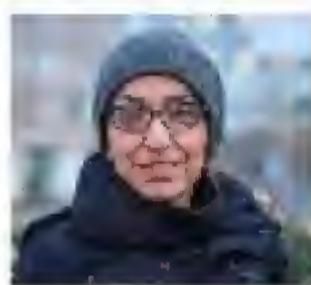
He had nothing, and he knew no one in the country. But he was amazed at how friendly and welcoming people were. "It was easy to fall in love with Canada," he said. "You couldn't have



Toronto's Osman Ali

wished to live anywhere else."

As he went through the immigration process, and later studied and started his own family, he continued to appreciate the country's multiculturalism and the sense of diversity he sees. "Canada is you and me. That's really what I like."



Toronto's Eiman Zarrug

7 LIBYA - EIMAN ZARRUG

Her parents left Tripoli when she was only four months old, and Eiman Zarrug lived in London, England, before coming to Canada when she was eight.

"The difference was like night and day," she said, remembering being fascinated by the ability to find Ethiopian

food or a Chinese restaurant. While her background made it a challenge to "fit in" in Europe, it felt like an advantage in Canada. "Being different was comforting," she said. "If you ask me where I'm from I'll tell you that I'm Canadian before going into details of what's written on my passport."

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Sanctuary cities idea gains traction

MUSLIM BAN

Term seen as display of protest to Trump's order

Stephanie Taylor
Metro | Winnipeg

In the wake of U.S. President Donald Trump's travel ban that targets people from seven Muslim majority countries, a number of Canadian cities are declaring themselves as sanctuaries for those affected by the policy.

Ottawa's city council is poised to vote on whether to become a so-called sanctuary city, while this week Toronto mayor, John Tory, presented a motion reaffirming the city's status, according to media reports.

Hamilton already has sanctuary city status, and London's city council also just voted to get it.

But what exactly is a sanctuary city?

It varies from city to city, but lately, the term has been seen as a display of protest to Trump's executive order and Islamophobia in general.

The status also serves as a promise to all residents, those

documented and undocumented, that they will have access to city services without being hassled over their immigration status.

Asked whether Winnipeg could be the next Canadian hub to become to be a sanctuary city, mayor Brian Bowman's office said no — at least not for now.

"At this point, frontline agencies and organizations helping and assisting new arrivals have not identified a need to declare Winnipeg a 'sanctuary city,'" Jonathan Hildebrand, Bowman's spokesman, wrote in an email statement to Metro on Thursday.

An anti-colonial migrant jus-

tice group calling themselves No One Is Illegal (NOII) will host two rallies on Friday to denounce Trump's executive order and demand Bowman make the declaration.

"NOII is calling on Mayor Brian Bowman to make Winnipeg a sanctuary city for the safety of undocumented migrants," a release issued Thursday reads.

In the U.S., sanctuary cities are municipalities that refuse to 'out' undocumented residents and turn them over federal immigration authorities.

Trump has threatened to pull federal funding from cities that refuse to deport undocumented immigrants.



Toronto Mayor John Tory reaffirms the city's status as a "sanctuary city," in light of events in the U.S. TORSTAR NEWS SERVICE

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Americans divided over sanctuary cities

GOVERNMENT

Executive order is threat to funding

Donald Trump's promised crackdown on "sanctuary cities" has revealed the deep divide on immigration in liberal and conservative states, with some moving to follow his order and others breaking with the U.S. government to protect immigrants in the country illegally.

In Texas, Republican lawmakers pushed to deny money to cities with the policies on Thursday as demonstrators disrupted a hearing several times. Another U.S.-Mexico border state, California, is moving in the opposite direction by advancing a statewide sanctuary that would prohibit law enforcement in the nation's most populated state from cooperating with federal immigration authorities.



A woman protests during an anti-Trump rally in Miami on Jan. 31. THE ASSOCIATED PRESS

Trump's recent executive orders threatening to withhold federal funding from communities with sanctuary policies and calling for a border wall have produced widespread protests and fears that more immigration restrictions are in the future. The president's supporters have hailed the

efforts.

Cities have mostly taken up sanctuary laws. There's no official definition, but often they tell police not to inquire about the immigration status of those they arrest or they decline requests from immigration officials to keep defendants in custody while they

await deportation.

Phoenix leaders will consider a petition next month to adopt the policies.

On the state level, California would not be the first to block police from enforcing federal immigration law. Oregon pioneered statewide sanctuary in 1987, when immigrant workers and their families were sometimes housed in appalling conditions despite their importance to agricultural profits.

Oregon Gov. Kate Brown said she will enforce the law that prohibits police from detaining people who are in the U.S. illegally but have not broken other laws. She ordered all state agencies, not just law enforcement, on Thursday to follow the policy.

"They mow our lawns. They pick our grapes," Brown said last week. "They take care of our children and they take care of our seniors, and I want to make sure they feel welcome in Oregon." THE ASSOCIATED PRESS

REFUGEES

Trump 'disappointed' in deal with Australia

The White House deepened its condemnation of an Obama administration refugee deal with Australia Thursday, saying President Donald Trump was "unbelievably disappointed" in the agreement.

Asked whether the deal would continue, Trump said, "We'll see what happens." However, Australian Prime Minister Malcolm Turnbull told Australians that the American president has committed to following through with the agreement to allow mostly Muslim refugees to resettle in the United States.

The agreement was a source of friction during a recent phone call between Trump and Turnbull, according to an adminis-

tration official. The call ended after less than 30 minutes, well earlier than scheduled, though the official disputed reports that Trump hung up on the prime minister. The U.S. official was not authorized to publicly discuss the conversation and spoke on condition of anonymity.

The Obama administration agreed to resettle refugees from among about 1,600 asylum-seekers. Australia has refused to accept them and instead pays for them to be housed on the impoverished islands.

The White House suggested Thursday that the agreement would continue, but provided no details.

THE ASSOCIATED PRESS

NEW YORK CITY

Yemenis close up shop

Hundreds of ethnic Yemenis who run New York City bodegas and neighbourhood delis closed shop Thursday in protest of President Donald Trump's travel ban on people from seven Muslim-majority countries. The shops were

locked at noon and were to remain shuttered until 8 p.m., according to organizers of a late afternoon rally in downtown Brooklyn. At least 1,000 Yemeni-run small businesses are a part of many New Yorkers' daily lives. THE ASSOCIATED PRESS

White House sending mixed messages on Israeli settlements

President Donald Trump on Thursday warned Israel that constructing new settlements "may not be helpful" to Middle East peace efforts, shifting toward a tougher line with Israeli Prime Minister Benjamin Netanyahu's government.

Still, the White House made clear that the Trump administration "has not taken an official position on settlement activity," departing from previous administrations that have considered the settlements illegitimate.

Trump has been perceived as sympathetic to the settlements. Shortly before taking office, he vigorously criticized the Obama administration for not vetoing a United Nations Security Council measure condemning settlements.

But in a statement Thursday, the White House said, "While we don't believe the existence of settlements is an impediment to peace, the construction of new settlements or the expansion of existing settlements beyond their current borders may not be helpful in achieving that goal."

The White House said the president would discuss the issue with Netanyahu when he travels to Washington later this month. The two leaders



President Donald Trump in the Roosevelt Room of the White House on Thursday. CAROLYN KASTER/THE ASSOCIATED PRESS

are scheduled to meet at the White House on Feb. 15.

The U.S. statement came hours after Netanyahu vowed to establish the first new West Bank settlement in over two decades "as soon as possible," promising to make up for the court-ordered demolition of an illegal settler outpost. It was his latest step to expand Israeli settlement construction in the wake of Trump's inauguration.

Netanyahu repeatedly clashed with President Barack Obama during the Demo-

crat's eight years in office, and Trump has vowed to be a better partner for Israel. Following the UN vote, Trump tweeted, "Stay strong Israel, January 20th is fast approaching!" — referring to the date of his inauguration.

Trump has already appeared to slow his promises to move the U.S. Embassy in Israel from Tel Aviv to Jerusalem — a promise often made by presidential candidates, but never carried out in office because of fears the move would inflame tensions in

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WAGE LOVE!

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VICKY MOCHAMA ON LOVE AND APOLOGIES

The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy.

On Wednesday, Joël Lightbound, Liberal MP for Louis-Hébert, apologized to the families of the six men murdered in Quebec and to the Muslim community in Canada. "For the past few years, I have observed their ostracization and their stigmatization; having seen root in the hearts of my fellow men, fear, mistrust and hatred," he said. "I have done my best to answer them, but I have not done enough."

Many more apologies are owed. The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy, and their faithful citizenship has been rewarded with a cruel lack of loyalty.

During the 2015 federal election, the Conservative leadership used Muslims as a ploy for getting votes. Then-Prime Minister Stephen Harper repeatedly said that a majority of Canadians supported his government's ban on women wearing face-coverings like the niqab during citizenship ceremonies. When a Federal Court of Appeals struck down the ban, the Harper campaign vowed that if re-elected, they would introduce legislation that prohibited the niqab during the ceremonies.

Stephen Harper, then the leader of the nation and his party, owes the Muslim community an apology. He must especially ask the pardon of Muslim women: He used his platform to cheapen their desire to be citizens of this country, and to delegitimize their presence here.

That strain of calculated Islamophobia didn't go away with the party's electoral loss. No, it has instead resurfaced in a more diffuse and dangerous way. The Islamophobia that has been bubbling up since 9/11 has re-



THE
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ROSEMARY WESTWOOD

Love is the only way we can fight the rise of a hateful president

Just call him Donald J. Trump, purveyor of love. A man who's quick to note how much he loves "the poorly educated," "Israel and the Jewish people," "Hispanics," "the coal miners," and, of course, America (circa the time when it was "great").

As for the love he's inspired in his supporters, some of it was courted, including from anti-abortion activists and evangelical voters who will love his Supreme Court nominee, Neil Gorsuch; and from those thrilled by his executive order on immigration, which relates to his promise to institute a Muslim ban; and from Wall Street, where hearts no doubt swelled at his promised dismantling of Dodd-Frank (the act instituted post-2008 to prevent a similar economic collapse by restricting risky lending by banks).

But Trump's also the founder of a new, national (even international) love-in he did not seek, and which he no doubt finds irritating: The motto Love Trumps Hate, which found a second wind as the de facto operating procedure of the left.

Love, in America, is trumping Trump's presidency. Those who came out in historic numbers for the Women's March, for example, proved that unattractive pink hats have actually no impact on the seriousness or longevity of a movement's activism. All that love for a variety of marginalized groups, expressed in hundreds of marches, has

fuelled organized phone-call campaigns to pressure senators to stop the confirmation of Trump's cabinet picks. And in a new poll, 40 per cent of Democratic women say they are committed to being more politically active (just 27 per cent of Democratic men).

Protesters who've swarmed U.S. airports showing love for refugees and immigrants have forced Trump's administration to walk back some aspects of his executive order, and led to the heartwarming image of Jewish and Muslim families protesting side by side, with one child holding an actual "love" sign.

Arguing that it is women, in particular, who are trumping Trump's presidency, journalist Rebecca Traister wrote, "It takes a Villain" to unify and galvanize the left. But it also takes love. Love is how you know what to fight for. Love is what you seek when you stand with others and stand up for your beliefs. Love is the antidote of fear. It is sustenance for any resistance. This is not a revelation: It's been learned by people in dangerous times for centuries.

Still, love gets a rather gushy rap. In masculine cultures, it's been denoted to the feminine, deemed flimsy and passive, a beta emotion, a feeling without much muscle, or strength. But its power is now on full display in the U.S., thanks to the new president. And love poses the biggest threat to his administration.

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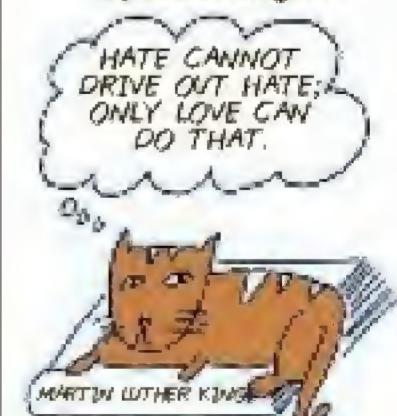
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sulted in a twofold increase in hate crimes against Muslims from 2013 to 2016.

Perhaps it is that violent streak that has emboldened so many. Instead of backing down from dog-whistle politics, so many public figures have embraced it.

Having cried tears after her promotion of the Barbaric Cultural Practices Act, Kellie Leitch is now running for leader of the Conservative party on a platform of "Canadian values" – a vague notion that is transparent in its dog-whistling. A competitor, Steven Blaney, has made banning the niqab for public service employees a central piece of his platform. The right-wing

media site, The Rebel, and its main personalities (Ezra Levant, Faith Goldy, Lauren Southern, to name a few) have made dangerous sport of Canada's Muslims. The media, too, owes Muslims an apology.

Moreover, a troubling

pattern of only speaking to Muslim life when it relates to incidents of terrorism has emerged. In the most recent egregious instance of conflating Islam with terrorism, the Canadian Press published a story about a "report" that claimed mosques were hotbeds for terror. Except the authors had done little research besides walk around mosques.

In this moment of grief,

as I watched the funeral of three of the murdered North African Muslim men in Montreal on Thursday, I was struck by many moments, but specifically, by one call-and-response: "Vive Le Québec. Vive Le Canada." Even in sorrow, the community embraced those places that had not equally embraced them. For that, we all owe an apology.

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metr WEEKEND

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MOVIES MUSIC TELEVISION DIGITAL

Are you afraid of the...toaster?

IN FOCUS

A look at how inanimate objects in film can terrify us

Richard Crouse
For Metro Canada

Years ago I interviewed Kōji Suzuki, author of the novels that spawned the Ring movies, manga comics and television shows. Ringu, the first book in the series, was published in 1991 and introduced us to the idea of a videotape (remember those?) that killed people seven days after they watched it.

The book and the movie were sensations, but in the interview Suzuki told me something really interesting. It's hard to imagine the Ring movies without the spooky, grainy videotape images, but the writer let it slip that VHS tapes weren't his first choice as a conduit of evil.

What was?

A haunted toaster. Good sense prevailed and he went with another commonplace object, one that almost everyone in the nineties had at least a passing familiarity with.

This weekend, Rings revisits the horrors of the original novel and films as a young guy decides to explore the urban legend of the



Opening this weekend, Rings revisits the popular movie series about a deadly, mysterious videotape. HANDOUT

deadly mysterious videotape. When his girlfriend sacrifices everything to save him, a shocking discovery is made — there's a movie within the movie!

Suzuki made videotapes the spookiest inanimate horror object ever, but they're not the only ones.

We can all imagine the fear that comes along with being chased by a werewolf. Or waking up to find Dracula staring down at you.

They are living, breathing (or in Drac's case, dead and not so breathing, but you get the idea) embodiments of evil. But how about in-

organic objects? Have you ever been terrified of a lamp? Or creeped out by a tire?

There have been loads of

haunted houses in the mov-

ies. In most of them, however, the house is merely a vessel for a spirit or some unseen entity that makes its presence known by making the walls bleed or randomly slamming doors. Rarer is the house that is actually evil.

Stephen King wrote about a house that eats people in the third installment of his Dark Tower series. On screen Robert Zemeckis and Steven Spielberg visualized the idea in the appropriately titled

Rubber, the story of a killer tire (yes, you read that right) with psychokinetic powers — think Carrie with treads — who terrorizes the American southwest.

It's an absurdist tract on

how and why we watch movies,

what entertainment is

and the movie business,

among other things.

But frankly, mostly it's about a tire rolling around the desert and while there is something kind of hypnotic about watching the tire on its murderous journey — think Natural Born Killers but round and rubbery — that doesn't mean Rubber is a good movie.

Finally, think bed bugs are bad? How about a hungry bed? The title of this one sums it up: Death Bed: The Bed that Eats.



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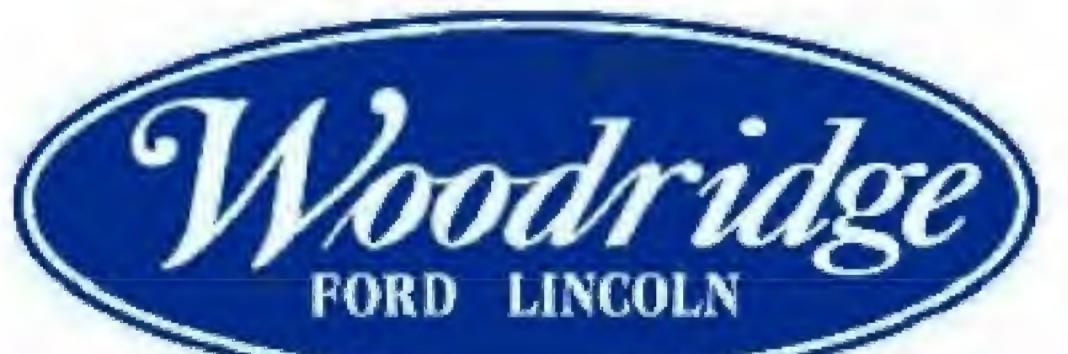
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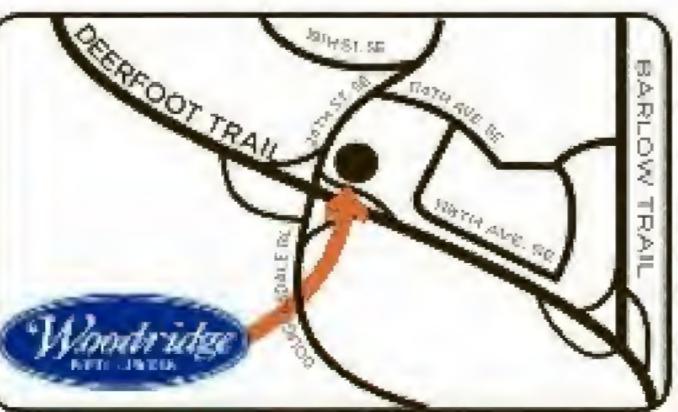
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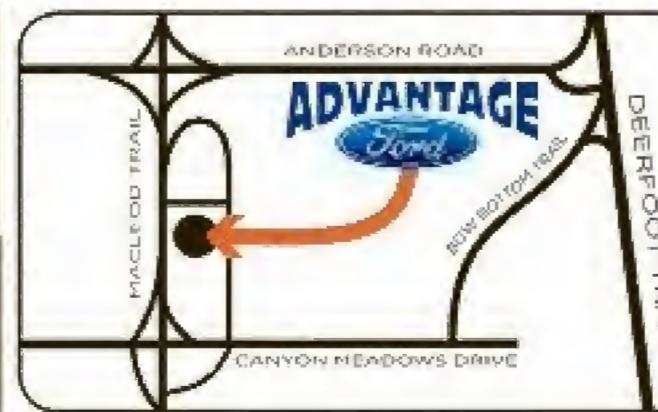
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Movies **metrolife**

When the camera never lies

Hollywood is gearing up for one of the most outspoken Academy Awards ceremonies in living memory. No matter how vociferous and viral Meryl Streep and Co. are likely to be, the real seeds of change are to be found in the best documentary category. This year's list includes blistering explorations of America's relationship with race — 13th and I Am Not Your Negro — as well as Fire At Sea, Gianfranco Rosi's visceral chronicling of the migrant crisis in the Mediterranean. "Documentaries are the first line of education," said Steven Spielberg. Here are five documentaries that educated and, ultimately, made a difference in the world: **JOE CALLAGHAN** METRO



Blackfish

The death of an orca kept in captivity for 33 years made global headline news last month because this wasn't just any orca. The story of Tilikum, his involvement in the deaths of three individuals and the culture of capturing and breeding killer whales

at Seaworld and elsewhere changed the aquarium/animal theme park industry worldwide. As Gabriela Cowperthwaite's documentary was given fresh impetus on Netflix, SeaWorld announced last year that it will end breeding, training and performing in favor of a conservation programs.



The Thin Blue Line

While the wild popularity of Netflix's Making A Murderer reignited fascination in true crime TV, the original trailblazer came on the big screen in the late '80s. Filmmaker Errol Morris set out to convince the world that Randall Adams had been framed and wrongly sent to death row for a murder he didn't commit. Thanks to the director's pioneering interview style and painstaking reenactments, he achieved his goal. Adams was freed and exonerated after the doc's release.



Super Size Me

Did any image put you off a Big Mac quicker than Morgan Spurlock spewing out his car window after one Happy Meal too many? The creator's cholesterol-tastic month on the McDiet ended with him having heart palpitations but gave the fast food industry even more of a scare. Just six weeks after release, McDonald's discontinued the Super Size option and then began a roll-out of healthier items. The fight against obesity goes on but Spurlock's month of fries-with-that made us all a little more Mc-wary.



Why We Fight

If Leni Riefenstahl's 1935 Nazi propaganda masterpiece Triumph of Will helped Hitler's wave of German nationalism rise all the way into World War II, Why We Fight helped turn the tide of the conflict. The seven-part series, largely helmed by Frank Capra, was commissioned to convince Americans of the importance of their country's belated involvement in the war. Capra's 'war information' documentaries did just that, even winning an Oscar for his first installment, Prelude to War.



Bowling For Columbine

Michael Moore's devastating delve into the country's unquestioning marriage to the gun was almost a starting point for the era of the American Idiot, as the U.S.'s global reputation took a nosedive. The scene where Moore receives a complimentary hunting rifle for opening a bank account sent jaws dropping. Moore was awarded an Oscar mere nights after George Bush had signalled the beginning of the invasion of Iraq, being booted from the stage as he blasted the doomed effort.

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The key to the production of *I Am Not Your Negro* came when director Raoul Peck was given an unfinished copy of *Remember This House*, the book James Baldwin (right) was working on at the time of his death in which he was stitching together reflections on assassinated civil rights leaders Malcolm X (left) and Martin Luther King Jr (centre) as well as Medgar Evers. SUPPLIED

Understanding the confusion we're in

INTERVIEW

I Am Not Your Negro gives fresh voice to James Baldwin

One of the surest ways to see the power and relevance of James Baldwin's words today would be to look at some of the signs of recent protesters. "If I love you I must make you conscious of things you do not see," read one. "The only way to be really despicable is to be contemptuous of other people's pain," read another.

Or you could see Raoul Peck's urgent and clarion documentary *I Am Not Your Negro*. It resurrects Baldwin's words — his eloquent poetry of injustice — with the same fire with which they were blazed. Peck's film, which is nominated for best documentary at the Academy Awards, bears no talking heads. There's no analysis of Baldwin's influence in literature or interpretation of his politics. But there is his voice: clear, direct and piercingly prescient.

"I wanted the confrontation to be direct from his words, himself to the audience," Peck, who shares his screenwriting credit

with Baldwin, said. "I was the messenger."

It took Peck, the Haitian-born filmmaker of *Sometimes in April*, years to find the right avenue into Baldwin for *I Am Not Your Negro*, which opens in theatres Friday. A great responsibility hung over the decade-long endeavour, Peck says, to bring Baldwin to the forefront.

"I read Baldwin as a teenager and his writing never left me," said Peck. "His writing structured the man I am today and the filmmaker I am today. I wanted to make sure the next generation had access to Baldwin."

Peck was welcomed by Baldwin's estate, which is managed by Baldwin's younger sister, Gloria Karefa-Smart. But the key to the film only emerged when Karefa-Smart gave Peck the pages of *Remember This House*, which Baldwin completed 30 pages of before his death in 1987 at age 63. The unfinished book was intended to stitch together reflections on three assassinated civil rights leaders: Malcolm X, Martin Luther King Jr. and Medgar Evers.

But *I Am Not Your Negro* isn't a time capsule. It's about today. Peck juxtaposes Baldwin's words with images of police brutality, the Black Lives Matter move-

ment and other recent events. Other images flicker at times — John Wayne and Doris Day — that question the white picture of America promoted by Hollywood.

As he toiled, Peck found his film increasingly timely, a relevance that has only increased since the election. When the Ferguson protests grew, he sent a crew to document it.

"I knew how fundamental Baldwin's words were and I knew they were important to understand the confusion we were in," said Peck. "What I did not expect is that it would become so obvious and I would have so many examples and illustrations of what I was working on."

Aisha Karefa-Smart, Baldwin's niece, says Peck's film, which includes excerpts from the FBI's extensive file on Baldwin, was revelatory. "It made me understand my family more in terms of the hushed tones that people spoke in and the unspoken fears that permeated the household."

At festival screenings, she has watched the film help resurrect her uncle. "A lot of kids are upset they didn't know who he was," says Karefa-Smart. "He was kind of the background for a while."

That has changed in recent

years. Baldwin is widely taught in universities. The Library of America has published his essays, and stories with introductions from Toni Morrison. The James Baldwin Review was begun in 2015. When Chris Rock spoke at a Harlem church on Martin Luther King Day last year, shortly after a second-straight year of all-white acting nominees to the Oscars, he read My Dungeon Shook, Baldwin's letter to his nephew.

What many respond to in

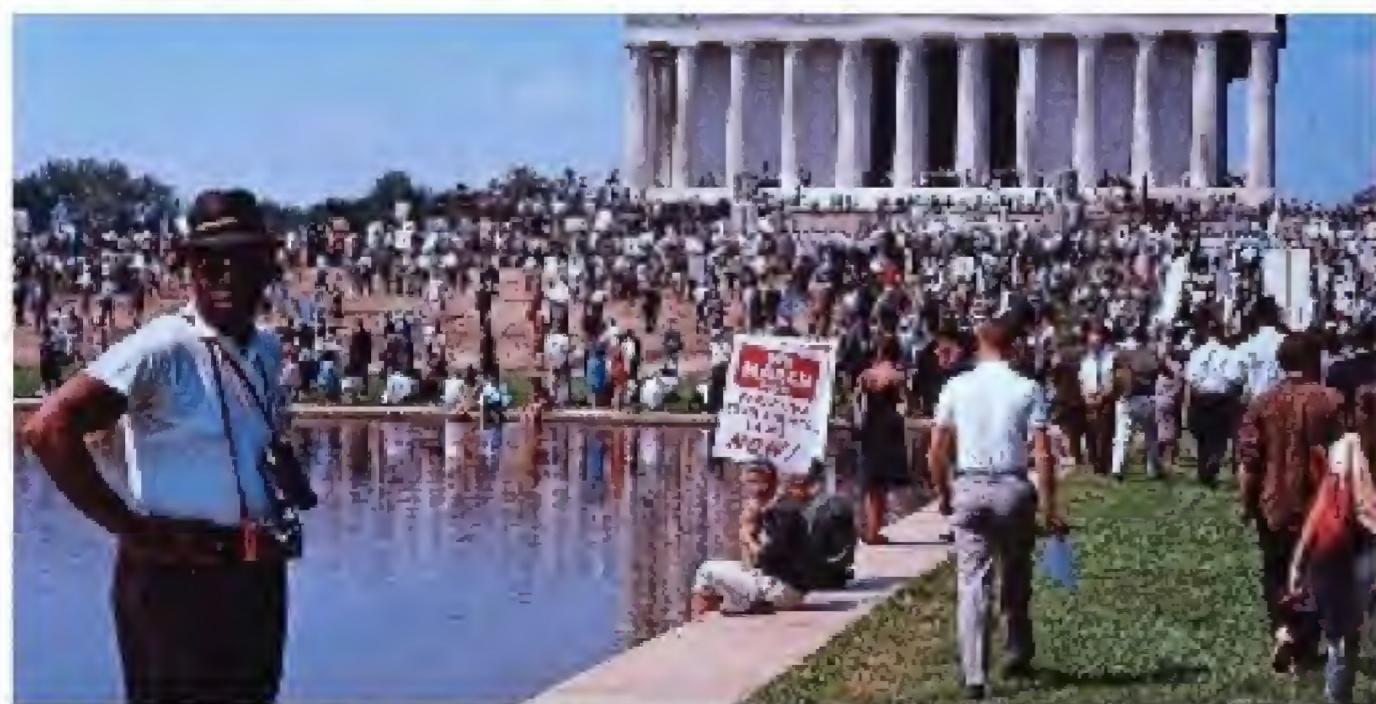
Baldwin is his searing directness, his willingness to confront the deep-seated ills of America and to reposition questions of race. "The country's image of the Negro, which hasn't very much to do with the Negro, has never failed to reflect with a kind of frightening accuracy the state of mind of the country," he wrote in *Nobody Knows My Name*.

Peck believes his film is ultimately an intimate one intended to provoke the kind of personal

inquiry demanded by Baldwin, who warned against "purposeful blindness."

"You cannot, whether you are white or black or Latino or whoever, you cannot come out of this film an innocent person," says Peck. "You know. You know all you need to know in order to face it, to react, to do something or not. As far as Baldwin is concerned, you have no excuse anymore. The elements, as he would say, are all on the table."

THE ASSOCIATED PRESS



While hundreds of thousands made their way to the U.S. capital for 1963's March on Washington, James Baldwin was banned from speaking for fear he would be too fiery. SUPPLIED

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Coming of age in outer space



English teenage actor Asa Butterfield prepared for his lead role in *The Space Between Us* by using ankle weights to get used to the effects of Earth's gravity on someone from Mars. CONTRIBUTED

INTERVIEW

Asa Butterfield propels career into a more mature orbit

Steve Gow
For Metro Canada

quintessential green-skinned, antennae-sprouting Martian we've previously seen in Hollywood history.

"I knew I'd be able to have fun and (be) creative as an actor bringing him to life and fleshing out what makes him different and funny," admitted the lean star recently, who prepared by languishing in ankle weights to research the effects of Earth's gravity on someone from space.

"It's telling this love story, a road trip and it's a coming-of-age film — more than anything," added Butterfield of the film's emotional core. "He's super smart but he's not very educated in all the things that matter in terms of human connection and socializing so he's got this innocence and gullibility to him."

It was the comedy inherent

in that inexperience that truly attracted Butterfield.

For the actor, it was an opportunity to break out from more serious roles in family adventures like *Ender's Game* and *Miss Peregrine's Home for Peculiar Children* and kickstart a career in more mature movies, like the forthcoming World War I drama *Journey's End* — a gruelling part he describes as

"the most adult role I've had to play."

But the bridge to adulthood may be shorter than the 19-year-old anticipates. After all, his maturity already shines in his roles, no doubt it partly comes with the territory when you're making movies with a slate of experienced veterans like filmmaker Martin Scorsese, Harrison Ford and his latest co-star, Gary Oldman.

"Surprisingly it's quite easy to forget that aspect of it I guess," laughed Butterfield, displaying a lingering gesture of youthful naivety. "I'm not really immersed in it all the time unless I'm working. So when I'm back at home I'm very detached from the acting world. It's only when I look back that I'm like, oh ya, I did work with all of these amazing people!"



He's super smart but he's not very educated in all the things that matter in terms of human connection

Asa Butterfield

BUTTERFIELD HOLDS COURT



Asa on science fiction:

"I do really like science fiction and fantasy," said Butterfield whose oeuvre includes *Ender's Game* and *Hugo*. "To be able to break rules and play with things that don't necessarily exist; it just gives you more freedom and artistic license."

Asa on entering adulthood:

"My character was the naïve, hopeful one who comes to the front line and thinks he's going to fight for his country," said Butterfield of the forthcoming wartime drama, *Journey's End*. "The way he changes in just the five days that the film covers is really powerful."



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A pair of telling tales and a De Niro turkey

A bit more about three very different movies that are being released this weekend



1 They Call Us Monsters (Directed by Ben Lear; 82 minutes; 14A) —

If Hollywood made a fictionalized version of *They Call Us Monsters*, the characters surely would come across as beasts. Reality is tamer. The three teens profiled in this documentary on a screenwriting class for violent juvenile offenders are in an L.A. detention centre. Each is awaiting trial on gang-related charges of murder and/or attempted murder. California law sends juvenile offenders aged 14 to 17 to adult court. A debate over whether that needs to be changed is one the narrative themes of filmmaker Ben Lear's busy doc. Tighter editing might have made this a

great movie, rather than just a good one. But it nevertheless helps us understand the eternal conundrum of family-loving teens who turn into violent threats to society.

2 The Salesman (Starring Shahab Hosseini, Taraneh Alidoosti, Babak Karimi; Directed by Asghar Farhadi; 125 minutes; PG) —

Asghar Farhadi expertly measures the slow drip of human weakness and its consequences in *The Salesman*, his devastating drama nominated for Best Foreign Language Film at the Oscars. Screen protagonists Ermad and Rana are a married couple playing Willy Loman and his wife, Linda, in a Tehran production of Arthur Miller's *Death of a Salesman*, the classic tragedy of modern disillusionment. An assault the film never fully explains, but explores by way of a revenge scenario leaves few unscathed and all shaken. The message is how quickly civility can slip before your very eyes.

3 The Skyjacker's Tale (Starring Robert De Niro, Leslie Mann, Harvey Keitel and Danny DeVito; Directed by Taylor Hackford; 120 minutes; 14A) —

This isn't Robert De Niro's worst movie — that would be last year's *Dirty Grandpa* — but it's a career nadir for director Taylor Hackford (*Ray*). De Niro is Jackie, long ago the star of a hit TV sitcom called *Eddie's Home*, who spawned a catch phrase but not a vital career. Edie Falco, Billy Crystal, Charles Grodin and other De Niro pals appear to no avail. TORSTAR NEWS SERVICE

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NICKELBACK HIT THE ROAD

New tour starts in June

Nickelback has announced a 44-city tour tied to the upcoming album *Feed the Machine*.

The Alberta rockers released the first new single on Wednesday — also titled *Feed the Machine* — and plan for an extensive run of summer concerts that stop in seven Canadian cities.

Included among the dates are shows in Toronto on June 27, in Montreal on

June 29 and a run of concerts in Western Canada throughout late September.

The band says most stops will feature Daughtry, led by American Idol finalist Chris Daughtry. Cheap Trick will substitute on some of the later Canadian dates.

The album *Feed the Machine* is due out June 9.

The band launches their tour on June 23 in Noblesville, Ind., while other Canadian dates include Win-



nipeg (Sept. 21), Saskatoon (Sept. 23), Calgary (Sept. 26), Edmonton (Sept. 28) and Vancouver (Oct. 1).

Tickets go on sale for fan club members on Monday while a general sale begins Feb. 11. THE CANADIAN PRESS

Lives Lost

I believe I speak for the Columbia College Board, faculty, and staff with the following words.

I want to say how shocked and deeply saddened we were after learning about the horrific event that took place Sunday night at the Centre Culturel Islamique de Quebec. The loss of one human life is unacceptable. The loss of six lives is beyond belief, and for this to occur in a place of worship when people are in prayer is unconscionable.

This action against innocent human beings is a dark day in Canada's history and one we should never forget.

Most Immigrants come to Canada to start a new life in a country with freedom of speech and worship. They bring their children from other countries in the world seeking a better life, peace as opposed to war, and a safe place to live.

I want to ensure that our Muslim parents, children, students, and fellow staff members know they are wanted, welcome, respected, and valued as our friends and fellow human beings.

Please try to remember that the vast majority of Canadians are truly good people who share your loss and defend your right to worship your religion and live in peace.

Most respectfully

Dr. JT (Tom) Snell
President, Columbia College



LITERATURE MARLEY DIAS, YOUNG DIVERSITY ADVOCATE, WORKING ON BOOK Scholastic told The Associated Press on Thursday that it had a deal with Marley Dias, whose hashtag #1000BlackGirlBooks is part of her mission to collect stories about women of colour. Dias — whose currently untitled book is scheduled for release in 2018 — says she hopes her book will help advance "inclusion" and "social action."

ANDREA CIPRIANI MECHI/SCHOLASTIC VIA THE ASSOCIATED PRESS

Gossip DIGEST

MUSIC

Tanya Tagaq blocked from Facebook for post of coat

Award-winning Inuk throat singer Tanya Tagaq says she has been temporarily suspended from Facebook after posting a photo of a sealskin coat.

Tagaq, who is from Nunavut, said Thursday she was notified that her account was being blocked for 24 hours after she shared a friend's photo of a young man wearing the coat, along with the hashtags #eatseal and #wearseal.

Tagaq, a defender of the Inuit seal hunt, said animal-rights activists are hurting a traditional and sustainable livelihood. "The Arctic is a vast place. Groceries are terribly expensive. Many live in poverty," Tagaq said.

THE ASSOCIATED PRESS

SOCIAL MEDIA

Queen Bey's baby bump shatters Instagram's 'like' record

Beyoncé has broken the record for the most-liked Instagram post ever. Beyoncé announced on Instagram Wednesday she is expecting twins with husband Jay Z.

Surrounded by flowers and clad in a sweeping green veil, Queen Bey shows off her baby bump in the Madonna-inspired photo.

The photo won her the record for most-liked post ever, with more than 8 million likes.

It took just seven hours to surpass one by fellow pop star Selena Gomez that has racked up 6.3 million likes with a picture of her with a Coke bottle and her song lyrics "You're the spark" since last year.

THE ASSOCIATED PRESS



Return of protest songs sparked by Trump's rise

MUSIC

Musicians use their voice to push against politics of hate

Folk singer-songwriter Lindy Vopnfjord climbed into bed stunned on the night Donald Trump won the U.S. presidency, but he awoke the next morning feeling activated.

Bristling with an urge to speak out, the Icelandic-Canadian musician wrote a series of lyrics that might have seemed alarmist at the time.

And even two weeks ago, when he finally released *Darkness is the Day* to coincide with Trump's inauguration, some of the words didn't resonate quite as much as they do now.

"Opinion is king, one-plus-one is three. The loudest truth is the truest, so repeat after me," Vopnfjord sings. "It takes a little time to get the spin to unwind. It takes a little time."

Vopnfjord is stunned by the evolution of his song's significance.

"There's so much that keeps feeding into the lyrics," he says. "There was more to it than maybe even I realized."

He's just one of countless musicians using their voice to push against what they see as an alarming political climate. Over the past month, prominent artists have contributed a chorus of anti-Trump anthems, which started flowing out ahead of the election last November.

Tracks by Arcade Fire and Mavis Staples (*I Give You Power*), Fiona Apple (*Tiny Hands*) and the Gorillaz (*Hallelujah Money*) have stood out as recent highlights.

Before that, artists like Franz Ferdinand (*Demagogue*), Jimmy Eat World (*My Enemy*) and Amy Mann (*Can't You Tell?*) collaborated for *30 Days, 30 Songs*, a project that counted down to election day in the hopes of drawing attention to Trump's potential power. The campaign recently expanded to 1,000 songs that will be revealed throughout Trump's presidency.

Listeners appear eager to hear more protest songs too.

Several anti-Trump anthems became viral hits last year, including Ledinsky's *Donald Trump Makes Me Wanna Smoke Crack* and YG & Nipsey Hussle's *FDT*, a rousing rap track which pairs an expletive with the president's initials.



Folk singer-songwriter Lindy Vopnfjord is one of the artists to have contributed to a chorus of anti-Trump anthems. FRANK GUNN/THE CANADIAN PRESS

All of this newfound inspiration has longtime social-activist musician Buffy Sainte-Marie a bit suspicious. She questions why some artists only decided to write protest songs when there's "going to be money" in it.

But she's also not against more people speaking out.

"The art of the two-and-a-half minute song — it's such a powerful tool," she says.

"If you can say something in three minutes that somebody else had to write a 400-page book about, the book is going to be shelved. The song can live forever."

Sainte-Marie says she writes her songs with the mindset of a photographer capturing snapshots of history.

Her 1964 protest anthem *Universal Soldier* was a portrait of the Vietnam War era while *Now That the Buffalo's Gone* tackled the centuries-old plight of indigenous communities that still continues today.

If you can say something in three minutes that somebody else had to write a 400-page book about, the book is going to be shelved. The song can live forever.

Buffy Sainte-Marie

She wrote *Universal Soldier* as if she was a student crafting an essay for a hypothetical professor who didn't see eye-to-eye with her perspective.

"I was determined to get an 'A-plus' out of this guy," she says. "(I was) deliberately trying to give people a different point of view than they may have come across before."

Fellow activist songwriter Bruce Cockburn is cautious when it comes to deciding how to express his opinions through music.

With a career spanning nearly 40 years, he's found himself inspired by causes like the environment (*If a Tree Falls*) and the devastation of war (*If I Had a Rocket Launcher*). But so far, the U.S. election hasn't motivated him to write anything pointed, and he says it might not.

He says he doesn't want to veer into territory where he's just spouting his political views against a backdrop of

bad music.

"It's not always obvious to put it in a song that (doesn't simply become) a propaganda diatribe," says Cockburn, who will receive the People's Voice Award at the Folk Alliance International awards show in Kansas City, Mo., this month in recognition of his social and political commentary.

So many political songs just capitalize on anger, he argues, but don't have any artistic merit. He points to 1965's *Eve of Destruction*, a song recorded by Barry McGuire that topped the Billboard charts, as one example of a misfire.

"It was a huge hit, but a terrible song," he says.

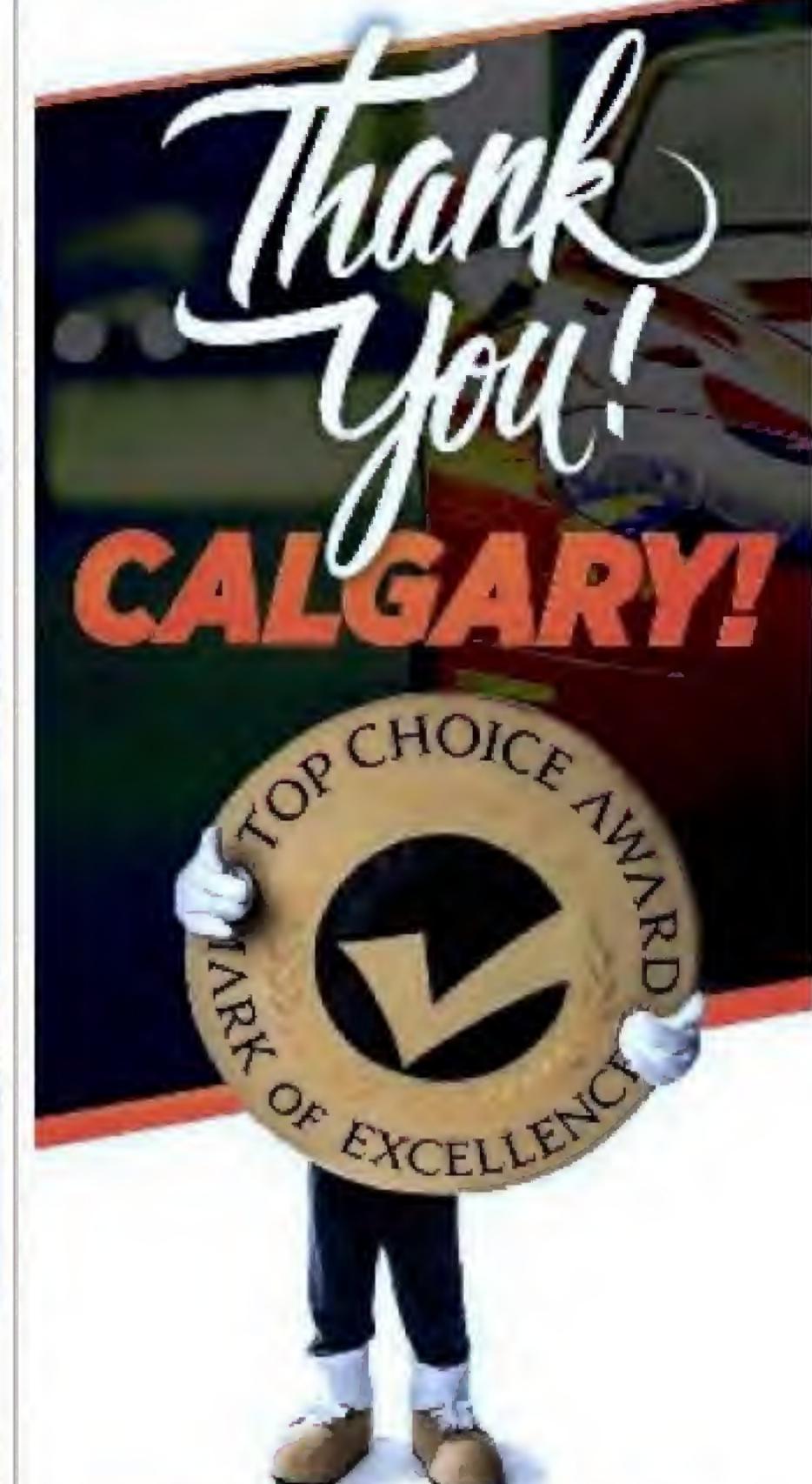
Cockburn suggests the track was too literal and sounds especially dated now. Many protest songs that attack their subject head-on suffer the same fate of becoming irrelevant, he adds.

Bob Dylan's *Blowin' in the Wind* stands as a far superior example, he suggests, or *We Shall Overcome*, which began as a hymn in the early 1900s and evolved into an anthem of the civil rights movement.

"It had tremendous application over the years to any number of causes," he says of the latter. "It's absolutely timeless."

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A-list and apolitical

POLITICAL FOOTBALL

Stars' silence becomes more of test as Trump causes fans' ire

In a free society, you have the right to speak your mind. It goes without saying that you should also have the right not to say anything.

For a number of stars — particularly on the A-list — silence is becoming tougher. Conspicuous by it, or by efforts not to comment on the politics of the day, celebrities trying to be apolitical are finding that the scrutiny is getting harsher, as journalists want to ask in professional settings while fans are also asking on social media.

Pop superstar Taylor Swift and New England Patriots standout Tom Brady, in particular, are coming under criticism for not talking politics in this new world order. Other stars including Chris Pratt, Zayn Malik, Dwayne "Rock" Johnson, Tom Cruise and Mark Wahlberg have reportedly been careful about not making political endorsements during the election, avoiding taking questions about President Donald Trump and not speaking at all about the recent highly controversial Muslim ban.

With much of Hollywood considered to be left-leaning, it is en vogue there to speak out against Trump. Awards season being in full swing, the winners have been using their soapboxes, as Meryl Streep did with her Golden Globes speech. The Screen Actors Guild Awards on Jan. 29 featured at least 15 moments of celebrities speaking out about the issues.

"Traditionally, in post-World War Two North America, it's been easy for an entertainer to try and avoid politics, in many respects, that's been a good path to ensuring you have a broad fan base," says Eric Kasper, professor, political science at the University of Wisconsin-Eau Claire.

"Now that people, both on the left and the right ... are more attuned to (the political issues) ... more consumers are turning to those (political) issues when they decide which movies they are going to watch, and which albums they are going to buy."



Many of the stars denouncing Trump are hurting their cause. There is a potential for great backfire.

Steve Ross, history professor

In the past century, he points to the Vietnam War as a similar time, also noting that celebrities were clearly specifically targeted during the McCarthy hearings of the 1950s.

Swift in particular has been in the glare of the spotlight that's turned upon those who haven't commented. She was criticized for not attending last month's Women's March on Washington D.C. after tweeting about it; since then, she has only tweeted comments promoting her new song with Malik. Malik, a Muslim, has yet to comment on Trump's ban imposed last week, preventing citizens of seven Muslim-majority countries from entering the United States for 90 days.

The attention has now spread to the Swift's "squad" of friends and hangers-on: her buddy, model Karlie Kloss, reportedly cancelled an interview with an Australian TV morning show, when it would not agree to avoid the topics of Trump and Swift. Kloss is reportedly dating Josh Kushner, brother of Trump senior adviser, Jared Kushner.

"Movie stars have been speaking out since World War One, so this is part of a long tradition in Hollywood," says Steve Ross, a history professor at the University of Southern California and author of *Hollywood Left and Right: How Movie Stars Shaped American Politics*. "The question



Among the biggest names staying silent as Trump dominates the airwaves are (clockwise from main) Tom Brady, Taylor Swift, Zayn Malik and Dwayne 'Rock' Johnson. GETTY IMAGES/AP PHOTO

they should be asking right now is, are you helping your cause, or doing it harm? And right now, I would suggest that many of the stars denouncing Trump are hurting their cause. There is a potential for great backfire."

With the Super Bowl upon us, Brady and his New England coach Bill Belichick avoided any questions about Trump this week, even after the president invoked both of them as supporters during the campaign.

Brady famously had a Make American Great Again hat in his locker during the season, which ignited interest in his political leanings. He has refused to talk

politics and has awkwardly avoided questions at his NFL-mandated media availability.

He later told USA Today: "If people want to take sides, you know, they can obviously do that. It's everyone's right. They have a right to do that. And I have a right to stay out of it."

Brady is right, but with such a polarizing political climate, until the questions are answered, there will be no shortage of people asking. Yet some of the biggest stars in the world, such as Cruise and Wahlberg, have long eschewed politics, although the latter has reportedly golfed with Trump.

Johnson has mused about run-

ning for office one day, and after Trump's recent win he was asked about a 2020 run. "I wouldn't rule it out," he said. "It would be a great opportunity to help people, so it's possible."

His only message on the election was an Instagram post afterward reading, "The most important thing we can do right now is be 100 per cent committed to becoming a better country," and exhorting people to be "lead by example."

While many stars are not being silent about Trump, there is no doubt we will know exactly what he thinks when the famous criticize him. TORSTAR NEWS SERVICE

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Out of this world clothing at Men's Fashion Week



Buzz Aldrin walks the runway while Bill Nye waits backstage before appearing in the unveiling of the Nick Graham Mars-themed fashion collection at men's Fashion Week in New York City. GETTY IMAGE/THE ASSOCIATED PRESS

RUNWAY

Mars-inspired line brings science to the runway

Inspiration for one elegant collection at Men's Fashion Week in New York came from heaven. Actually, further than that.

Designer Nick Graham sent his models down a runway Tuesday in sharkskin suits, metallic rainwear and scarfs adorned with tiny spaceships in a whimsical bid to elegantly dress any gentlemen who manages to get to Mars.

There were suits in hounds-

tooth, tattersall and green plaid, black turtlenecks, paisley scarfs, polka-dot pocket squares, snug tuxedos and metallic neckties. There was a "Martian rubber coat," but it was unclear how it might handle Mars' 80-degree F. average temperature. One model carried a silver briefcase. Another had goggles. All had discreet blinking lights as boutonnieres.

Graham, the Joe Boxer founder who launched his first eponymous brand in 2014, called his models "astronauts," blasted David Bowie's *Life On Mars* and introduced the crowd to two science stars — former astronaut Buzz Aldrin and the scientist, author and TV personality Bill Nye.

What keeps the United States in the game economically is our ability to innovate

Bill Nye

Nye opened the show with an impassioned speech embracing space exploration and technological breakthroughs. "What keeps the United States in the game economically is our ability to innovate," he said, against massive projections of Mars

topography.

Backstage, he made the connection between fashion and science: "They're both the expressions of human minds. What we love as humans is art and science. We don't have to pick — we combine them."

Aldrin, the second man to walk on the moon, earned cheers from the several hundred who attended the show in a hulking empty warehouse when he appeared to moon-walk down the catwalk in a silver bomber jacket and sneakers. After the show, he embraced the pro-science bent of the fashion show. "I have to tell the president that exploration inspires more than fixing potholes."

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Tisci exiting Givenchy after nearly 12 years

After nearly 12 years at Givenchy, designer Riccardo Tisci is leaving the French luxury label.

The Italian-born designer, who often dressed A-list celebrities like Beyoncé and Kim Kardashian, wrote a thank-you note on Instagram, accompanied by a picture of a sunset, thanking "my

incredible team, the magical atelier and everyone who made these 93 collections possible and all the other crazy adventures. Your love and support, in the day and in the night, will forever remain in my heart."

It wasn't known where Tisci would land next. He gave no hints in an official statement issued along with Givenchy, which called the move a

"joint decision not to renew their collaboration."

Tisci said in the statement that he had "very special affection for the House of Givenchy and its beautiful teams." He added: "I now wish to focus on my personal interests and passions."

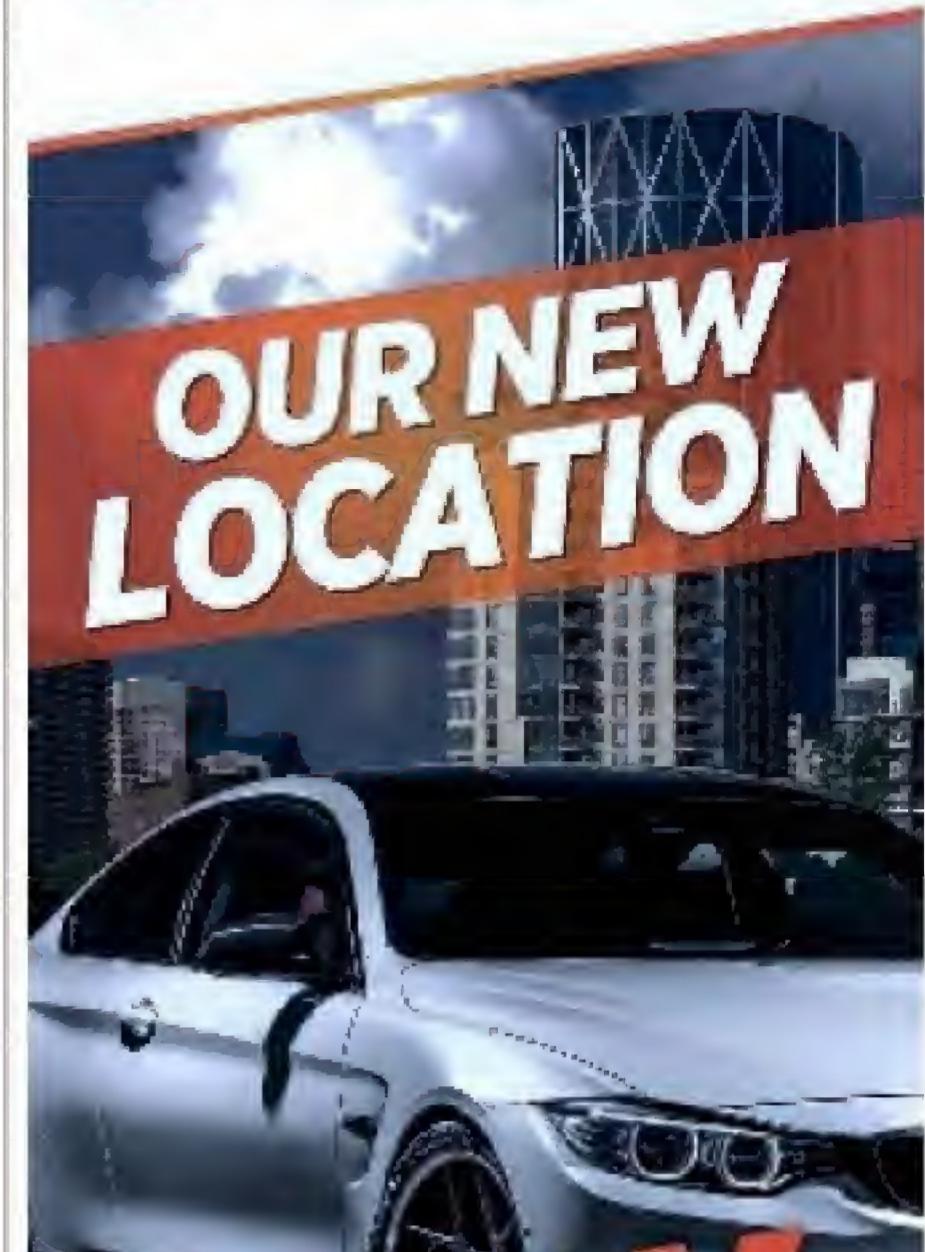
Women's Wear Daily, citing unspecified sources, called the parting "mutual and amicable." THE ASSOCIATED PRESS



Riccardo Tisci and Naomi Campbell.

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Training Day star meets boxing hero

CONFIDENCE

Muhammed Ali gives Justin Cornwell 'his powers'

Before landing a starring role on the new TV series *Training Day*, debuting Thursday on CTV, American actor Justin Cornwell got a boost of confidence from "the Greatest."

Cornwell got to meet the late boxing legend Muhammad Ali two years ago when he was playing him in a theatrical production of *And in This Corner...Cassius Clay*.

"He's my hero. He's affected the way that I live my life," Cornwell said in an interview.

"It definitely changed me," he added of their meeting. "I felt like he gave me his powers when I shook his hand.... I felt like right then, he gave me his like: 'You've got to do it. Here you go, you've got everything you need, man.'"

Cornwell channelled Ali's moxie a year later when he heard Antoine Fuqua — director of the 2001 film *Training*

Day, which earned Denzel Washington an Oscar — was developing a series set 15 years after the original story.

"I tweeted Fuqua Films in February, a month after they announced that they had put the project together and CBS had won out on the bid to produce the pilot," he said.

"I was like, 'Hey, don't sleep on me, I really want an audition, I'm in Chicago.' I don't know if they ever saw it but I ended up getting an audition."

Within a week of his audition, he was on set with costar Bill Paxton of *Big Love* fame, shooting the Los Angeles-set series.

Cornwell stars as Kyle Craig, a rookie detective whose heroic efforts to save a kid gets him promoted to the elite Special Investigation Section. There, he's tasked with exposing the corruption of veteran cop Frank Rourke, played by Paxton.

Co-stars include Marianne Jean-Baptiste as the deputy chief.

"Instead of being aspirational like Ethan Hawke's character was in the original


He's my hero. He's affected the way that I live my life. It definitely changed me.
me. Justin Cornwell

Training Day, where Ethan Hawke wanted to be Denzel Washington's character, he wanted to be a detective, my guy is not as aspirational to be Bill Paxton's character," said Cornwell.

"He really wants to take him down, he's waiting for him to slip up, really."

Kyle's viewpoint on Frank changes, however, when he realizes he was his father's partner and may be able to help him solve his murder.

"The police chief and everybody else comes into question, like 'Why am I really here? What's really the point of putting me next to this guy?'" said Cornwell.

"It's one of those situations where I feel like, 'Now who do I trust? Where can I go?'"



Bill Paxton, left, and Justin Cornwell attend the *Training Day* panel at the CBS portion of the 2017 Winter Television Critics Association press tour. THE CANADIAN PRESS

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TELEVISION

Trump vs Terminator, again

U.S. President Donald Trump sought prayers Thursday for Arnold Schwarzenegger over ratings for *Celebrity Apprentice* — the show Trump once hosted and which he said has become a "total disaster" since California's Republican former governor took over the franchise.

Trump harked back to his days as a reality TV sensation during an address to the National Prayer Breakfast.

"When I ran for president, I had to leave the show," Trump told the audience of more than 2,000 people. "They hired a big, big movie star, Arnold Schwarzenegger, to take my place. And we know how that turned out. The ratings went right down the tubes."

"It's been a total disaster, and Mark will never, ever bet against Trump again," the president said, referring to Mark Burnett, the show's producer and long-time supporter of and participant in the annual breakfast. "I want to just pray for Arnold if we can."

Burnett had introduced Trump to the audience.

Schwarzenegger responded quickly in a brief video on his Twitter account, in which he suggests that Trump switch jobs with him. "You take over TV because you're such an expert in ratings," the Terminator star



Celebrity Apprentice host Arnold Schwarzenegger offered to swap jobs with Donald Trump after the U.S. President mocked his ratings Thursday. THOMAS SAMSON-JEFF KOWALSKY/AFP/Getty Images

says in the video, captioned The National Prayer Breakfast? "And I take over your job and then people can finally sleep comfortably again. Hmm?"

Schwarzenegger's premiere night audience for his early January debut as the show's host was a disappointing five million viewers, according to the Nielsen company. Viewership dropped to 3.9 million viewers in the second week.

The season-to-date average for the first month was 4.7 million viewers, compared to 7.6 million viewers for Trump's final season in winter 2015.

The back-and-forth between the president and his reality

TV show successor had the feel of a WrestleMania "feud" meant to drive up audience interest — and ratings. White House spokesman Sean Spicer said later Thursday that Trump was just trying to have a "light-hearted moment" with a personal friend.

Trump, who helped conceive and build the *Apprentice* franchise with Burnett, retains a financial stake in those TV shows and is listed as an executive producer. Trump has said it's a courtesy title for which he is doing no work. He has not detailed how much money he's making from this season.

THE ASSOCIATED PRESS

Jasmine Guy heads back to college

TELEVISION

BET drama The Quad deals with issues in academic world

Jasmine Guy is back at make-believe school. For the third time.

At 54, she has had a varied

career as a dancer, writer and singer as well as actress. But she remains best-known for her stint as college student Whitley Gilbert on the *Cosby Show* spin-off *A Different World* (which aired from 1987 to 1993), and was also enrolled in Spike Lee's college comedy *School Daze*.

Now, decades later, she's back in academia for *The Quad*, a new BET drama set at Georgia

A&M. It premieres Wednesday at 10 p.m. EST.

"That's the third fictitious HBCU (Historically Black Colleges and Universities) I've been to," says Guy with a smile. "And I have no paper to show for it!"

The *Quad* centres on ambitious, sexy Dr. Eva Fletcher, who, having hit a career bump, takes the job of president of troubled Georgia A&M, with

her daughter, a rebellious entering freshman, in tow.

The college is riddled with problems, financial and otherwise. Worse, Eva — both a woman and a Northerner, not to mention her past scandalous affair with a grad student — is hardly greeted with open arms by members of the faculty and administration.

Anika Noni Rose plays Eva in a cast that also includes Pey-

ton Alex Smith, Jazz Raycole, Ruben Santiago-Hudson, Zoe Renee, Jake Allyn and Guy, who portrays Ella Grace, dean of the History Department and a sturdy Eva ally.

"*The Quad* deals with a newcomer put in charge who's an outsider," says Guy. "It also deals with politics in the academic world, and with issues the students face, like sexual assault."

"It's a complicated time for young people in college. They feel powerful, like they own the world, and yet at the same time they're scared to death."

Born in Boston, Guy was 8 when the family moved to Atlanta (where she lives today with her teenage daughter). There her father, the Rev. William Guy, would serve as pastor of the historic Friendship Baptist Church, just steps from the Atlanta University complex, where *The Quad* is filmed.

From an early age, Guy was interested in dance, and, at 17, she moved to New York to study at the Alvin Ailey American Dance Theater.

Her TV career began with

a role as a dancer in the 1982 musical series *Fame* under the direction of choreographer Debbie Allen.

Over the years, she made guest appearances on *Melrose Place*, *Living Single* and *Touched By an Angel*, and was a regular on the Showtime comedy *Dead Like Me*.

She has appeared onstage, including her one-woman show, *Raisin' Cane: A Harlem Renaissance Odyssey*, which celebrates the creative and political ferment of Harlem in the 1920s. And she published a biography of activist (and mother of Tupac Shakur) Afeni Shakur.

Has it been hard to be so multi-faceted?

"When I'm doing one thing, I totally focus on it," she explains. "I want to be judged in each of these different arenas against the best. I don't want to hear 'Oh, she can sing - for a DANCER,' or 'She can write — for an ACTOR.'

"I think that I am not great at any one thing, but I'm great at being good at a LOT of things." THE ASSOCIATED PRESS

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Jasmine Guy was in New York to promote her BET drama *The Quad*. The series premiered Feb. 1. AP PHOTO/PETER MORGAN

It's a complicated time for young people in college. They feel powerful, like they own the world, and yet at the same time they're scared to death

Jasmine Guy

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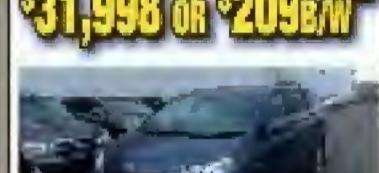
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Indian author dies at 76

OBITUARY

Writer Bharati Mukherjee's work captured immigrant life

Indian author Bharati Mukherjee, part of a Canadian and American literary power couple with her husband writer Clark Blaise, died Saturday in New York at 76.

Mukherjee, who was born in Kolkata, is known around the world for her books including *The Middleman and Other Stories*, which won the National Book Critics Circle award for fiction, that deal with immigrant life and trying to create a new identity for oneself — something she knew well from the experience of her own life.

"She was an early writer dealing with the kinds of tensions that we're still dealing with today," said his Tupholme, her editor at HarperCollins Canada.

Blaise also shared some of his feelings with Torstar News Service.

"I find myself adopting a Hindu world view, meaning that the soul is eternal, but the external wrapping is ephemeral," Blaise wrote in an email. "I don't want her ashes. I won't be

keeping her clothes. I'm trying to hold on to her soul, which is found in her books and essays. I know my memories of her are not transferable, and will disappear with me."

Mukherjee and Blaise met at the highly regarded Iowa Writers Workshop where both were studying. After what can only be described as a whirlwind courtship — all of two weeks — they were married in 1963 (she defied her parents' wishes of an arranged marriage) and a few years later moved to Canada. They put down roots in Montreal and became an integral part of Canada's flourishing literary scene.

"It was an important moment in Canadian literature and I was a player. We were making history with everything we did," Blaise told Torstar News Service in 2011.

But Mukherjee never felt comfortable in Canada. By then she had published her first two novels. *The Tiger's Daughter* (1972), the most autobiographical of her works, told the story of an American-educated Indian woman who returns home to an India she no longer recognizes and *Wife* (1975) about a young woman who rebels against her arranged marriage.

"I couldn't get my books reviewed," she told Torstar News Service in a 2002 interview.

The couple moved to Toronto in 1978 where, at one point, Mukherjee was accosted by a "punk" on the subway and told to "go back to Africa." She was wearing a sari.

Mukherjee articulated her sense of exclusion in a scathing article in *Saturday Night* magazine in 1980, before they moved back to the United States.

"It came down to a choice of marriage or country," Blaise said



I'm trying to hold on to her soul, which is found in her books and essays.

Clark Blaise

Married authors Clark Blaise and Bharati Mukherjee, who toured together to promote their India-themed books in 2011, are seen on the street in the Bloor and Yonge area. Inset: Blaise and Mukherjee stroll down a street in Toronto in an undated photo published in 1985. RICHARD LAUTENS/TORSTAR NEWS SERVICE; INSET: KEITH BEATY

in 2011. They made a life together, with her teaching at the University of California at Berkeley.

She explored the immigrant experience, but she also explored the lives of young women who had to make their way in a sometimes hostile world. In *Miss New India* (2011) Tupholme expresses her admiration of Mukherjee's ability to stay relevant — using a job in an Indian call centre to explore the idea of a young woman taking control of her destiny.

She and Blaise worked on books together, as well. One was *The Sorrow and the Terror*, on the Air India bombing. They wanted to write it, Blaise says, "because she felt the lost lives (329 of them) and respect for fellow Indian immigrants who'd

made the difficult passage to Canada and citizenship, were being swept away by official indifference. We wanted to hold the Canadian justice system and Canadian self-esteem to task."

Still, her relationship with the country softened over the years and she returned often.

Mukherjee was born July 27, 1940, in Kolkata, where her father, Sudhir Lal Mukherjee, ran a successful pharmaceutical company and supported, in a large compound, an extended family of nearly 50 relatives.

Her mother, the former Bina Banerjee, was a homemaker. She attended an English-style school until she was 8, when her father took the family abroad. She studied at private schools in London and Basel, Switzerland, for the next three years. When the family returned to Kolkata, she was

enrolled in Loreto House, an elite Roman Catholic school run by an order of Irish nuns.

She earned a bachelor's degree in English from the University of Calcutta in 1959 and a master's degree from the University of Baroda, in Gujarat, in 1961.

After sending six handwritten stories to the University of Iowa, she was accepted into the Iowa Writers' Workshop, where she studied with Philip Roth and Vance Bourjaily in her first year. She earned an MFA in 1963 and a doctorate in comparative literature in 1969 at Iowa.

Besides her husband, she leaves their son, Bernard; two sisters, Mira Bakhle and Ranu Vanikar; and two granddaughters. She was pre-deceased by a year by her son, Bart, who died at age 51. TORSTAR NEWS SERVICE

New documentary links McVeigh to the far-right

TRUE CRIME

Oklahoma City bomber's story also serves as a timely warning

It didn't start out that way, but a new documentary tying various threads among far-right extremists and Oklahoma City bomber Timothy McVeigh serves as a history lesson and, indirectly, as a warning that something so horrible could happen again.

Oklahoma City, directed by Barak Goodman, airs Tuesday night in PBS' American Experience series after its premiere last month at the Sundance Film Festival. Producer Mark Samels developed it as a means to "excavate" the story behind the bombing, Goodman said.

"This was hatched a couple years ago," Goodman said. "It was time to take a look at this worst case of domestic terrorism in American history ... and find the roots of the story."

The two-hour documentary unpacks separatist and white supremacy movements that dogged the country in the 1980s and early 1990s — detailing anti-government rhetoric that still echoes. McVeigh's involvement grows from selling anti-government bumper stickers in Texas to packing a Ryder truck with racing fuel and fertilizer and blowing it up in Oklahoma.

His actions were symbolic, not inexplicable.

"I thought to myself, 'Why Oklahoma City? It's a quiet place. Nothing happens here. It's not supposed to happen here,'" Oklahoma City police officer Jennifer Rodgers says early in the film.

McVeigh considered targets in Little Rock, Arkansas, Dallas and Tulsa, Oklahoma, before settling on Oklahoma City because federal Alcohol, Tobacco and Firearms agents assigned there were involved in a siege at the Branch Davidian compound in Waco, Texas. And he picked April 19 because it was the anniversary

of the Waco siege's fiery end.

"You cannot demonize a federal government and make these radical claims and put forth these radical conspiracy theories without there being some concrete real-world effects sometimes," Goodman said.

Well before Oklahoma City, members of the Aryan Nations and their sympathizers blamed diminished white influence for their socio-economic troubles. The Order, another white supremacist group, mimicked a group of patriots in the book, *The Turner Diaries*, that plots to overthrow the federal government. The book details using a truck bomb to blow up FBI headquarters in Washington.

McVeigh had been exposed to all of that by the time he wrote a letter to his local paper in 1992 asking whether a civil war was imminent and showed up at Waco in 1993 selling bumper stickers reading "Fear the government that fears your gun" and "Ban guns: Make the street safe for a government takeover."

The Waco raid was, to him, evidence of what the government would do to seize weapons. ATF agents feared Branch Davidian leader David Koresh would attempt to bring about Armageddon after receiving a tip about weapons at the compound. They attempted to intervene, triggering a 51-day standoff.

Jeff Jamar of the FBI, in the documentary, said it seemed negotiations never really existed.

"We were just in a situation where all it could do was grow worse," he said. According to the government, as agents lobbed tear gas into the compound, Koresh's followers set fire to the building, killing dozens, including children.

While McVeigh wasn't part of a militia group, exposure to anti-government rhetoric prompted him to strike back, Goodman said. He was caught quickly, convicted and executed for the 168 deaths at the Alfred P. Murrah Federal Building.

"I'm persuaded that he acted alone, with his army buddies, and

that's really the scariest thing of all," he said. With little money, and little understanding of bomb-making, McVeigh pulled it off.

The Southern Poverty Law Center estimates there about 500 anti-government groups in the country today.

"They never quite go away,"

Goodman said. "I think the only thing that we can take some comfort in is that law enforcement is much more attuned to this than they used to be. They are listening and watching, but whether that can stop something like Oklahoma City — who knows?"

THE ASSOCIATED PRESS



Timothy McVeigh was executed for the deaths of 168 people in the 1995 bombing of a federal building. AP PHOTO FILE



The aftermath of the Oklahoma City bombing. AP PHOTO FILE

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Walking back down an ancestral path

BLACK HISTORY MONTH

Show Freedom Singer charts slaves' journey to Canada

Khari Wendell McClelland sought to trace the path travelled by his ancestors and other African-American slaves who fled to Canada in search of freedom.

But as he embarked on his cross-Canada journey researching the history of the Underground Railroad and his own great-great-great-grandmother Kizzy, McClelland unearthed a connection which deepened his interest and ties to their stories.

The Juno-nominated singer-songwriter was intrigued by the songs that helped guide and uplift the slaves in their arduous trek, which moved him to craft and adapt musical compositions.

With Freedom Singer, McClelland blends documentary with live theatre. The production has launched at the Streetcar Crowsnest in Toronto and will embark on a cross-Canada tour throughout February, which is Black History Month.

"I think I found my solace and strength in the music, and my ability to find songs that haven't been interpreted in a long time, that would have given so many people hope and a sense of possibility where there wasn't much possibility," he said.

Recordings of interviews and personal conversations formed the basis of the script, while 10 songs are performed in the piece. McClelland is accompanied on-stage by Polaris Prize-longlisted soul singer Tanika Charles and Vancouver guitarist Noah Walker.

McCllelland cited the Nova Scotia archives as a rich resource for historic recordings. The musician described recordings of an elder named William Riley, a storyteller and singer of traditional African-American spirituals songs, as "beautiful and haunting."

Other tunes arrived in the form of sheet music, lyrics or poems with suggested melodies, which he interpreted through experience. The production offers a contemporary twist by incorporating hip-hop, funk and soul.

"One of the things I realized early on was that I wasn't trying to be a folklorist in the sense of trying to accurately recreate the song as it was in the 1850s," said



Khari Wendell McClelland, centre, Tanika Charles, right, and guitarist Noah Walker perform the documentary theatre show Freedom Singer. NATHAN DENETTE / THE CANADIAN PRESS

McClelland. "I really wanted to make it real for me, and maybe real for other people who are from this time. I was really trying to build bridges."

Titles of tracks he discovered conveyed the desire for resistance in the face of oppression, such as Song of the Fugitive, he noted.

"To free your own body made you a fugitive. To free yourself made you against the state, against the law, and people could

hunt you down," he said. "All of this music, I think, really has relevance for today."

With the plight of displaced people at the forefront of headlines, McClelland said the music's relevance continues to resonate.

"With so many people that are being persecuted and hurt by policies that restrict the flow of people ... and so many people that need a home and a place to get away from violence, the

music really is a sustaining voice for me — and I hope it works that way for others, too."

McClelland co-created Freedom Singer with Andrew Kushnir, creative director of the documentary theatre non-profit Project Humanity, which has an interest in providing a platform for stories of the marginalized.

"There's this clear, clear message in what he's doing which is saying: 'We are allowed to pursue

HOW TO SEE IT

Freedom Singer runs at Streetcar Crowsnest in Toronto through Feb. 11. It will be presented by the Regina Folk Fest on Feb. 14, the **Calgary Folk Fest** on Feb. 17-19, followed by stops in Winnipeg on Feb. 22, Halifax on Feb. 24, Montreal on Feb. 26, and Ottawa on Feb. 28

home,'" said Kushnir.

"We are allowed to find a better way of being together with one another, and in fact, we have to invest in one another."

During each tour stop, local choirs will be incorporated into the performances.

"I think sometimes as a performer, a musician, I'm very used to coming into a community for a day and leaving ... and I don't really get that sense of strong connection," said McClelland.

"It's amazing these songs get to live on in these choirs, but also that I have the opportunity to connect musically, creatively with masses of people across the country. Really, it makes my heart sing." THE CANADIAN PRESS

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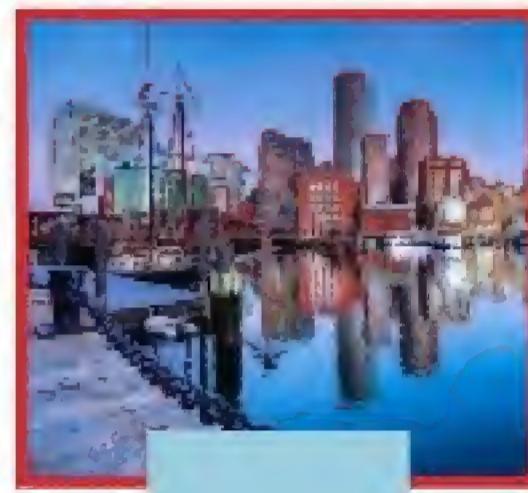
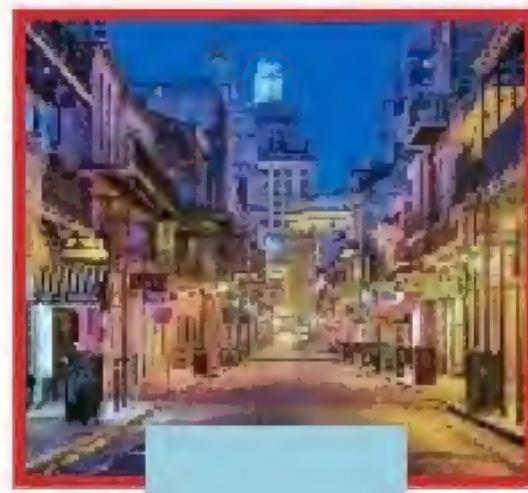
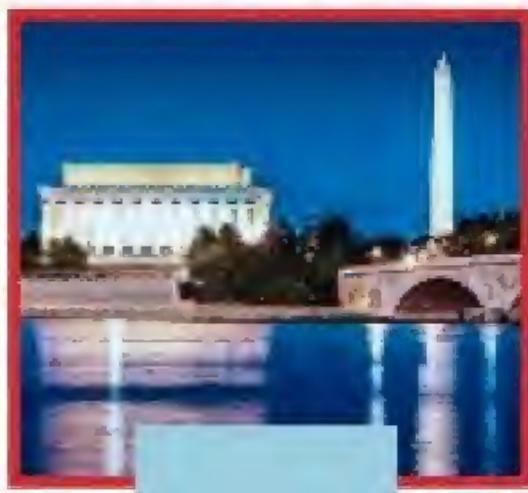
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When you'd rather stay home

Recent events south of the border — including the travel bans implemented by the Trump administration — have a number of Canadians re-thinking their travel plans. If you would rather keep your dollars north of the 49th parallel, here are some dynamic Canadian substitutes for well-known American destinations. **LOREN CHRISTIE/FOR METRO** ALL PHOTOS ISTOCK



U.S. location: San Francisco
Our equivalent: Vancouver

What you may miss in architectural charm you'll get back in spades from Vancouver's incredible natural beauty. While both of these temperate west-coast cities have vibrant Chinese communities with some of the best options for dim sum I've ever had, Vancouver's Granville Island is more charming than San Fran's overly touristy Fisherman's Wharf area.

U.S. location: Chicago
Our equivalent: Toronto

Toronto offers similar attractions to its sister lakefront city; an amazing aquarium, great sports teams and world-class museums, like the Aga Khan Museum of Islamic art and Muslim culture. While both cities offer distinct neighbourhoods for exploring, Toronto's renowned ethnic diversity allows for a wider variety of cultural experiences.

U.S. location: Washington
Our equivalent: Ottawa

Cancel that DC Trump hotel reservation and book at the Chateau Laurier, named after a Canadian prime minister well known for his policies of conciliation. Although many of the Smithsonian museums are free, so are several of our national museums provided you visit during certain times. With a slate of events planned all year long, this is the time to visit our capital.

U.S. location: New Orleans
Our equivalent: Quebec City

Offering distinctive architecture and French cultural heritage, Quebec edges out New Orleans for the title of the most European city in North America. Although Quebec City may not have the jazz scene that its southern sister does, the Quebec City Summer Festival running from July 6 through 16, 2017 will bring world class music to the La Vieille Capitale.

U.S. location: Boston
Our equivalent: Halifax

These coastal cities have long histories welcoming immigrants who laid the foundations of their countries. While Boston's historic North End is the spot for great Italian fare, Halifax's North End has become the city's most eclectic neighbourhood with a slew of hip eateries and bars. Forget the New England clam chowder and have a Nova Scotia lobster roll.



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THINGS TO DO IN PARADISE CITY (A.K.A. MEXICO CITY)

In October, my L.A. pal Kenny texted me: "Wanna go see Guns N' Roses in Mexico City next month for our 30th birthdays?" I typed back "yes" faster than you can say, "Slash." We were so focused on our reunion and our dance moves for Welcome to the Jungle, that we kind of forgot to plan the rest of our trip. What should we do when we got there? A lot it turns out. **JENNIFER FODEN/FOR TORSTAR NEWS SERVICE**

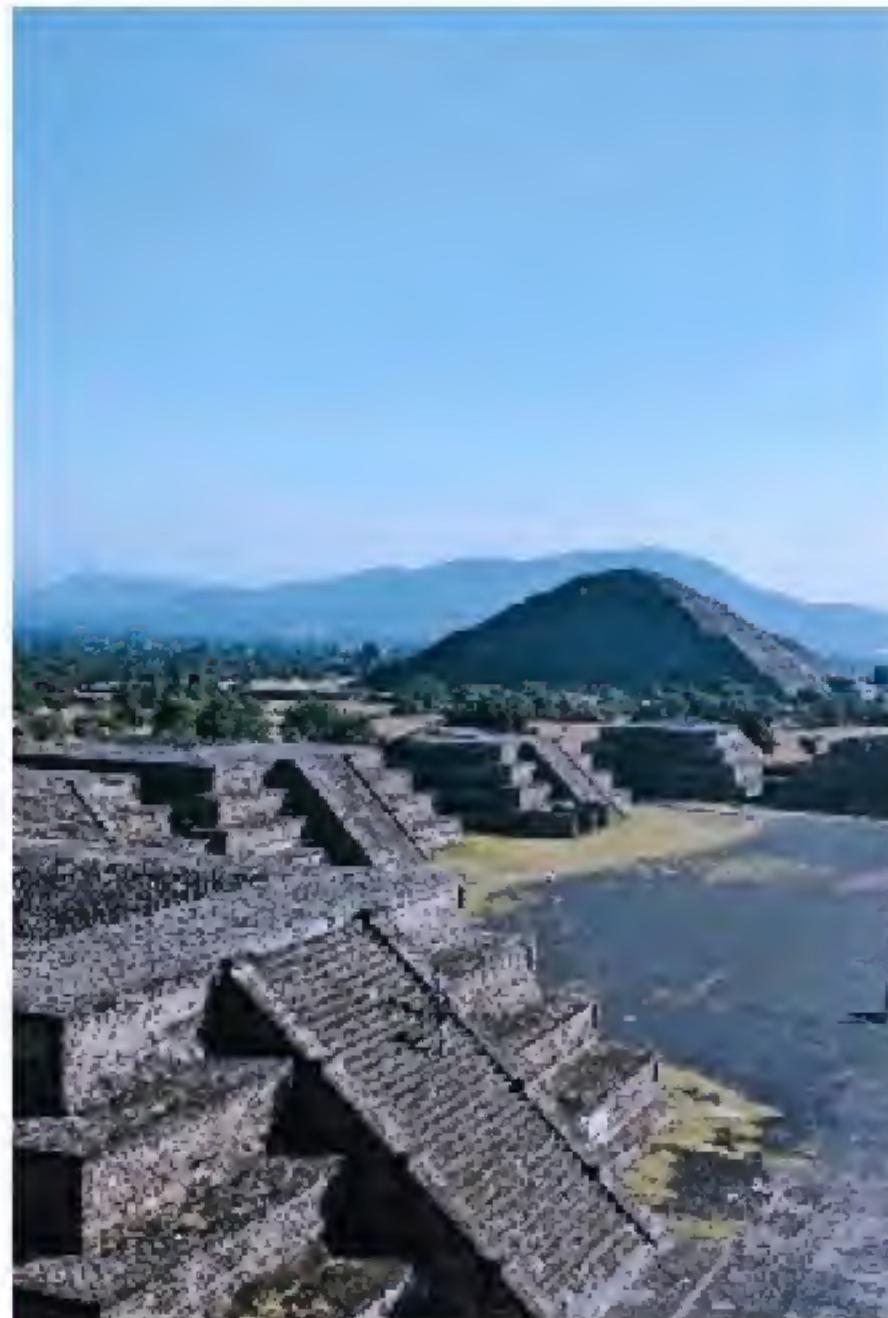


1 Take in a local sports game

If you're into sports, head straight for lucha libre (wrestling). For less than \$20 dollars each, we scored front-row seats at Arena Coliseo for several matches over a few hours (Arena Mexico is another option.) It can be a hassle to book tickets in advance, so just purchase them at the stadium day of.

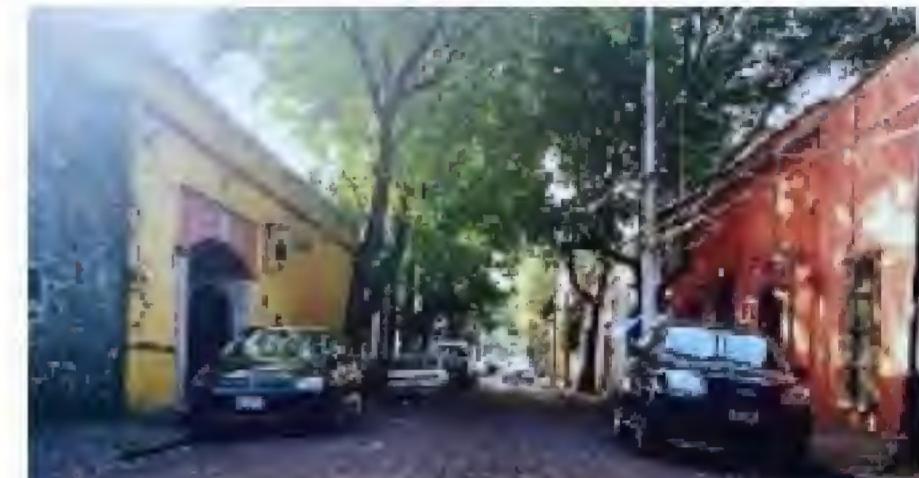
2 Go see Kahlo in person

The art scene is booming in Mexico City, from the murals that line the streets and alleyways to large contemporary art galleries (like Galeria OMR) to museums dedicated to Mexico's most famous artists (Frida Kahlo and Diego Rivera.) If you head to the Frida Kahlo Museum (highly recommended) be sure to book your tickets online or arrive early.



3 Explore the mysteries of history

Located 50 km northeast of Mexico City is Teotihuacan. The area, often compared to ancient Rome, was settled by 400 BC and experienced growth over the next several centuries (however, the origin and language of the natives is unknown.) You can explore the mysterious pyramids by joining a tour, hiring a car or navigating public transit.



4 Take an epic walk

One of the best ways to explore the culture and diversity of Mexico City is by simply roaming its neighbourhoods. We walked for hours, from the posh Condesa to the funky Hipodromo to the historic Coyoacan and beyond. We stumbled upon musicians and dancers in Art Deco plazas, bright and colourful cemeteries and lush, open green spaces.

5 Eat everything

The food in Mexico City is as varied as its activities. You can taste everything from tacos and tortas (sandwiches) on the street to chocolate and cornbread in the outdoor markets (all for less than a dollar.) If you're looking for something slightly more upscale than an outdoor vendor, Lardo (for brunch) and Husset (for dinner) were two of our favourites.



TRAVEL NOTES NEW YEAR LIGHT SHOW, THAI TRAVEL NUMBERS UP AND BARCELONA BAN

Molten iron creates bright light at Chinese New Year show

Inside a dark amphitheatre near China's Great Wall, four performers carry long, wooden spoons filled with molten iron. Each performer throws the iron against a giant wall. The iron lights up the night in an array of orange showers and sparks. As the rolling booms of fireworks and firecrackers echoed across much of China for the Lunar New Year, this group of performers staged a celebration with the centuries-old custom of dashuhua, or molten iron fireworks. **THE ASSOCIATED PRESS**



THE ASSOCIATED PRESS

Record 32.59 million foreign tourists visited Thailand in 2016

Thailand received a record 32.59 million foreign visitors last year, with revenue beating expectations and likely to exceed previous forecasts this year by growing 10 per cent or more, officials said Monday. Thailand is proving popular even after the death of King Bhumibol Adulyadej had hotels and tour guides across the country on edge. The Tourism Authority of Thailand said Monday that the tourist industry earned 2.52 trillion baht (\$71.4 billion) last year, up 11 per cent from 2015.

THE ASSOCIATED PRESS



GETTY IMAGES

Barcelona bans new rooms for tourists in the city centre

Despite fierce opposition from hotel and business owners, Barcelona officials agreed Friday to curb the number of rooms for tourists in the city centre in a move aimed at appeasing residents angry about sky-high property prices. The City Council approved the proposal from Barcelona Mayor Ada Colau, an ex-activist who made herself a name campaigning against evictions ordered by banks when tenants failed to repay mortgages. In 2015, Colau imposed a moratorium on new licenses for hotels. **THE ASSOCIATED PRESS**



ISTOCK

Walking in the footsteps of dinosaurs

TUMBLER RIDGE

B.C. had plenty of big beasts back in the day

**Vawn
Himmelsbach**
For Torstar News Service

It's dusk, which in northern B.C. during the summertime means close to 10 p.m. We're hiking along a narrow path in the darkened woods, finding our way with headlamps.

As we approach the Wolverine River, our guide stops to examine a tree stump where an animal — a rather large animal — has been rooting around in the dirt.

"There's definitely been a bear here in the last 24 hours," Anthony Moreau-Coulson, a paramedic who volunteers at the Tumbler Ridge Dinosaur Discovery Gallery, says. He observes this matter-of-factly, without a trace of fear.

Indeed, none of the locals seem to concern themselves with bears; they shrug their shoulders and explain that in these parts, the bears are much more afraid of us than we are

of them. Except for, perhaps, myself.

So why exactly are we trudging around in the woods late at night? We're dinosaur hunting. Well, track hunting, to be more precise, on a dinosaur footprint tour run by the Dinosaur Discovery Gallery.

Alberta gets all the attention for dinosaurs, but there were dinosaurs in B.C., too. Only three known tyrannosaurus trackways have been discovered in the world and all three are in the Peace Region of B.C. It's also home to the only known brontosaurus trackway in Canada.

We make our way onto a shelf of rock beside a rushing river, lit by the moon. It's difficult to see fossils during the day, when the sun is shining directly on them. But with low-angled lantern light, shapes start to emerge from the rocks.

And here, on this slab of rock, there are more than 80 fossils. As Moreau-Coulson positions his lantern at a strategic angle, it's easy to make out the footprint of an animal that is a heck of a lot bigger than a bear. This is a theropod footprint, he explains, from 94 million years ago.

Northeastern B.C. was a hot



It's difficult to see fossils during the day, when the sun is shining directly on them. But with low-angled lantern light, shapes start to emerge in the rocks.

TUMBLER RIDGE GLOBAL GEOPARK

spot for dinosaur activity, but it only gained the attention of the scientific community after dinosaur footprints were discovered in 2000 by two local boys. Now the region is also starting to get the attention of tourists.

In 2015, the region was officially recognized as a UNESCO Global Geopark, thanks to its 97-million-year-old dinosaur footprints and fossils — with more than 40 bone beds and track sites

accessible through a network of hiking trails.

Back at the Peace Region Paleontology Research Centre, one of the lead paleontologists takes us through a set of doors with a staff-only sign.

"This is where the magic happens," Lisa Buckley says. She also serves as the centre's curator and collections manager when she's not out on a dig.

Buckley pauses and corrects

herself. "Actually, this is where the science happens."

Buckley points out an Ice Age bison skull that's being prepared for display in the Dinosaur Discovery Centre. There's also a mammoth tusk, discovered by workers in a commercial gravel pit near Taylor, B.C. We come across a latex peel stretched across the floor, a replica of a trackway found out in the wild. The real trackway consists of 19

GETTING THERE

From Vancouver, catch a short flight to Fort St. John in northern B.C. From there, it's a 175-kilometre drive to Tumbler Ridge (rental cars are available at the airport).

footprints, made by a medium-sized, plant-eating dinosaur; the rest of the trackway is waiting to be unearthed. The latex peel allows researchers to learn more about dinosaur anatomy.

Tumbler Ridge, in the rugged Rockies, was once covered in swampy, coastal forests, which preserved many of these footprints as fossils.

"Even though there's been a lot of technological advances with finding fossils, a lot of the basic techniques haven't changed in over 300 years," Buckley says. "You have to go out and walk areas and physically see them."

Vawn Himmelsbach was hosted by Destination B.C., which didn't review or approve this story.

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metr SPOR

Uber and the city of Houston reached a truce Thursday; the car service will run during Super Bowl



Gold standard in coaching

SUPER BOWL

Belichick seen as tough but deeply loyal leader of Pats

He values the team's overall culture ahead of its individual parts.

He rules his team with an iron fist, and yet, instills that team with a sense of family.

He can appear heartless — quick to say "goodbye" to those who no longer fit in — and yet, he is deeply loyal.

He has hard-and-fast ideas about how to run his own team, but is never against learning and adding bits of others' expertise to his own repertoire.

Yes, this is a description of New England coach Bill Belichick, who can set himself apart Sunday by winning a record fifth Super Bowl title as a head coach.

It's also a description of former coaches Chuck Noll of the Steelers and Tom Landry of the Cowboys and Alabama's Nick Saban.

"Xs and Os are the price of admission," says John O'Sullivan, founder of the Changing the Game project, who speaks often about the importance of coaching in society. "But great coaches, the first thing they do is connect. When you connect with people, they'll run through a wall for you."

Belichick, a people person? The same might have been said, or asked, about the most iconic coaches, whose time facing the



Tom Brady and Bill Belichick embrace after the Patriots won Super Bowl XLIX in February 2015. MATT SLOCUM/THE ASSOCIATED PRESS

public usually involves five- and 10-minute segments with the media during which their main goal is to not reveal anything important about their game plan — or much about themselves.

The effort — and sometimes, accolades — they get from their players says more.

Terry Bradshaw couldn't stand Noll on their way to winning four Super Bowls with

Pittsburgh. Only years later did the Hall of Fame quarterback concede that he benefited from Noll's coaching. "Did I respect him? Of course I did," Bradshaw said last year. "Like him? No, I didn't like him."

A lot has been made this year of New England's decision to part ways with two key cogs in its defense — Chandler Jones in the off-season, then linebacker Jamie Collins, who was (ruth-

lessly?) traded away to winless Cleveland in October. That defense still allowed the fewest points in the league.

Belichick is hardly the first coach faced with those sorts of choices. In the '70s, Landry spent a season shuffling between Roger Staubach and Craig Morton at

of choices. In the '70s, Landry spent a season shuffling between Roger Staubach and Craig Morton at

I thought I knew something, and really found out that I was really in a position to learn a lot.

Nick Saban, who was Belichick's defensive co-ordinator with the Browns from 1991-94

of choices. In the '70s, Landry spent a season shuffling between Roger Staubach and Craig Morton at

quarterback. Eventually, he recognized the Cowboys could only succeed with one of them, and he chose Staubach, while trading Morton to the Giants.

"Sometimes it is unfortunate to have to make such a decision," Landry said at the time. "But it is important to clear the air so there is no speculation on it from week to week."

This year's other Super Bowl coach, Dan Quinn of the Falcons, has discussed his season-long quest to turn his group of players into a "brotherhood."

Belichick will never be confused as warm-and-fuzzy, though maybe Vince Wilfork's tweet after parting with the Patriots in 2014 painted the best picture about the sort of atmosphere the coach has created: "We are always family," Wilfork wrote.

And while great coaches have some hard-and-fast rules about how they want to run their teams, the best of them are always keeping an open mind toward learning.

Famous are the stories of Belichick's willingness to go the extra mile — especially in the film room — from the time he got his first NFL job, as an assistant to Colts coach Ted Marchibroda in 1975.

"The impression he made on colleagues was almost universally favourable — open-minded, incredibly hard-working, absolutely committed to being a little better every day ... a master at using film," wrote David Halberstam in his 2005 profile on Belichick, "The Education of a Coach." THE ASSOCIATED PRESS

CHEAT SHEET



NEW ENGLAND (16-2) vs. ATLANTA (13-5)
Sunday, 6:30 p.m. ET, CTV

OPENING LINE

Patriots by 3

D VERSUS O

It's the sixth time since the 1970 merger that the Super Bowl is a matchup of the top scoring team (Falcons, 33.8 points per game) and the team that allowed the fewest points (Pats, 15.6 points per game). The better defensive team has gone 5-1 in those meetings.

PATRIOTS' GAME

New England is playing its NFL-record ninth Super Bowl. Atlanta is making its second trip.

TOUGH TO DOUBT TOM
A win would tie Tom Brady with Charles Haley, who is the only player with five Super Bowl wins. Bart Starr is the only other QB with five NFL titles. He won three before Super Bowls began.

FLYIN' RYAN

Matt Ryan is the first QB in NFL history with three or more passing TDs in four consecutive playoff games. In his past six games, he has 1,861 passing yards, 18 TDs and no interceptions.

THE ASSOCIATED PRESS

BASEBALL

Canadian HOF makes call to Doc

Roy Halladay remembers it was on a Blue Jays' trip to Seattle that he realized he was playing for something bigger than a city. He was representing an entire country.

The retired Toronto ace, who was an eight-time all-star, is among the 2017 Canadian Baseball Hall of Fame inductees, and reminisced about his time playing in Canada with affection.

"I had no idea that there were that many Blue Jays fans that far west. It just baffled me. I



Roy Halladay
GETTY IMAGES FILE

figured it was just Toronto," Halladay said.

"You felt like you were representing Canada... And that's something I was very proud of."

Former Expos slugger Vladimir Guerrero will also be enshrined in St. Marys, Ont., later this year.

THE CANADIAN PRESS

IN BRIEF

NHL to meet over Olympic inclusion, source says

Two people familiar with the gathering say key decision-makers are meeting Friday regarding the NHL's participation in the 2018 Olympics in South Korea.

A person, who spoke Thursday to The Associated Press on condition of anonymity, says the International Olympic Committee and International Ice Hockey Federation requested the meeting.

THE ASSOCIATED PRESS

Kuchar takes 18-hole lead at raucous Phoenix Open

Matt Kuchar eagled the par-5 13th and added two late birdies and a big par save on the rowdy par-3 16th hole Thursday to take the first-round lead in the Waste Management Phoenix Open.

Kuchar shot a 7-under 64 in perfect afternoon conditions at TPC Scottsdale for a one-stroke lead over defending champion Hideki Matsuyama and Brendan Steele.

THE ASSOCIATED PRESS

NBA

Gordon headlines slam dunk contest

Aaron Gordon has unfinished business in the all-star dunk contest.

The skywalking Orlando Magic forward is one of the four selections for this year's contest, to be held on Feb. 18 in New Orleans on All-Star Saturday night.

DeAndre Jordan of the Los Angeles Clippers, Glenn Robinson III of Indiana and Derrick Jones Jr. of Phoenix will also be in the dunk contest.

Gordon finished second to

SHOOTOUT

Toronto's Kyle Lowry will be among the those participating in the three-point contest. Reigning champion Klay Thompson of Golden State will return to defend his title.

Minnesota's Zach LaVine in a dunk contest for the ages last year.

THE ASSOCIATED PRESS

Stajan a dad first, warrior second

FLAMES UP CLOSE


**Ryan
Leslie**

In 14 NHL seasons spent in the hockey hotbeds of Toronto and Calgary, Matt Stajan has just about seen it all — both on the ice and off.

He's one of the more likeable characters in the game — his teammates, the media and fans would agree. No. 18 always has time for everyone. But when I sat down for this week's instalment of the Flames Upclose podcast, I wanted to discuss something other than hockey.

Because Stajan is so candid, so real, I wanted to get his thoughts on being a hockey dad. Fatherhood. What it means to him and what kind of journey it's been for him and his family.

As many know, it started out with tragedy. It started out with heartbreak and loss when he and wife Katie lost their newborn son Emerson in 2014. It's a parent's worst nightmare. As Stajan pointed out though, a family never recovers, yet somehow they learn to move forward. From a big

goal where Matt pointed to the heavens, to various fundraisers that honour Emerson, to daily conversations with him, the Stajans make sure their first born is never forgotten.

Parenting these days has different meaning for the Stajans. Elliot Emerson Stajan is now almost two years old and already a hockey nut, dressed in his Flames gear, fist bumping dad through the glass during warm-ups. There was a time when I overheard Matt talking with Elliot on the phone. Full-on conversation in full-on, adoring-dad voice. Elliot was eight months old. Now, no matter where the Flames are, you can be sure FaceTime is keeping the Stajan family in touch.

We think of hockey players as these tough warriors and sometimes forget that when they become parents, they turn to mush just like the rest of us. Even Stajan admits he's the softy in the household.

After 14 years in the fastest and toughest game around, Matt Stajan is the consummate hockey player. But make no mistake. He's a dad first. Above all else.


Matt Stajan is a devoted father to Elliot Emerson Stajan. MATTHEW STOCKMAN/GETTY IMAGES

+ NHL RESULTS

**Philadelphia Flyers 3,
Montreal Canadiens 1**

Matt Read scored the tiebreaking goal early in the third period to end his long drought and lead the Flyers to victory over the Montreal Canadiens on Thursday night in Philadelphia.

**Ottawa Senators 5,
Tampa Bay Lightning 2**

Forward Mark Stone had two goals and an assist while Ottawa goaltender Mike Condon made 19 saves and the Ottawa Senators beat the Lightning 5-2 in Tampa, Fla.

**New York Rangers 2,
Buffalo Sabres 1**

Chris Kreider scored 3:56 into overtime and the New York Rangers beat the Sabres in Buffalo to snap a two-game losing streak.

THE ASSOCIATED PRESS

SOCCER

Lampard calls it a career

Frank Lampard retired from soccer on Thursday, ending a 21-year career in which he won every major honour at club level with Chelsea and established himself as the Premier League's highest-scoring midfielder.

Renowned for his professionalism, work rate and the timing of his runs into the penalty box, the 38-year-old Lampard will go down as one of the greats of the Premier League era. In his time at Chelsea from 2001-14, he became the club's record scorer with 211 goals, made 649 appearances and was the heartbeat of teams that won three Premier League titles, four FA Cups and the Champions League in 2012. THE ASSOCIATED PRESS

AFRICA CUP OF NATIONS

Cameroon into final at Ghana's expense

Cameroon set up an African Cup of Nations final against Egypt and inflicted another painful experience on Ghana with a 2-0 win in the second semifinal on Thursday.

Defender Michael Ngadeu scored the first in the 72nd minute, pouncing on poor Ghana defending when the Ghanaians looked more likely to score. Christian Bassogog rounded off a counterattack in injury time, running through on Ghana's goal unchallenged to seal Cameroon's place in the final as a desperate Ghana threw everyone forward in search of an equalizer.

It sent Cameroon through to its sixth African Cup final but first since 2008, and Bassogog's goal prompted every member

THURSDAY IN Gabon

2	0
CAMEROON	GHANA

of Cameroon's squad to race off the bench and celebrate on the field at Stade de Franceville. One of them booted the ball high into the stands in delight.

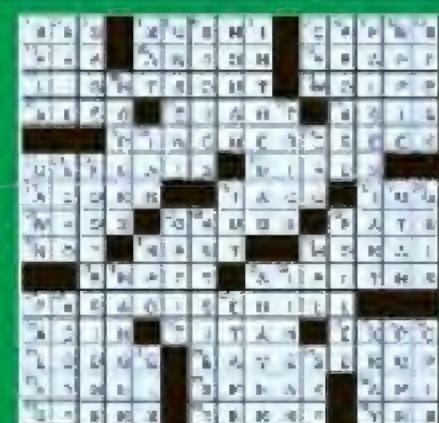
"It is a dream. We are going to the final now," Cameroon coach Hugo Broos said.

Cameroon, which has won the African Cup four times but not since 2002, will play record seven-time champion Egypt in the title decider on Sunday in the Gabonese capital of Libreville. THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	9	8	1	4	3	6	5	7
4	6	3	7	2	5	8	1	9
7	1	5	9	8	6	3	2	4
3	5	7	4	6	2	1	9	8
6	8	9	5	7	1	2	4	3
1	2	4	3	9	8	5	7	6
8	4	1	6	5	7	9	3	2
9	3	2	8	1	4	7	6	5
5	7	6	2	3	9	4	8	1

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MAKE IT TONIGHT

Golden Grilled cheese with Garlic Apples

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of sweet apples softened in butter and kissed with garlic make this humble grilled cheese a sandwich slam dunk.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients

- 1 Tbsp butter
- 1 clove garlic, grated
- 1 Gala apple, peeled and thinly sliced
- 4 pieces of multi-grain bread
- 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt

butter over medium heat. Add garlic and sauté until garlic is translucent, about 2 minutes. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean plate.

2. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip.

3. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread..

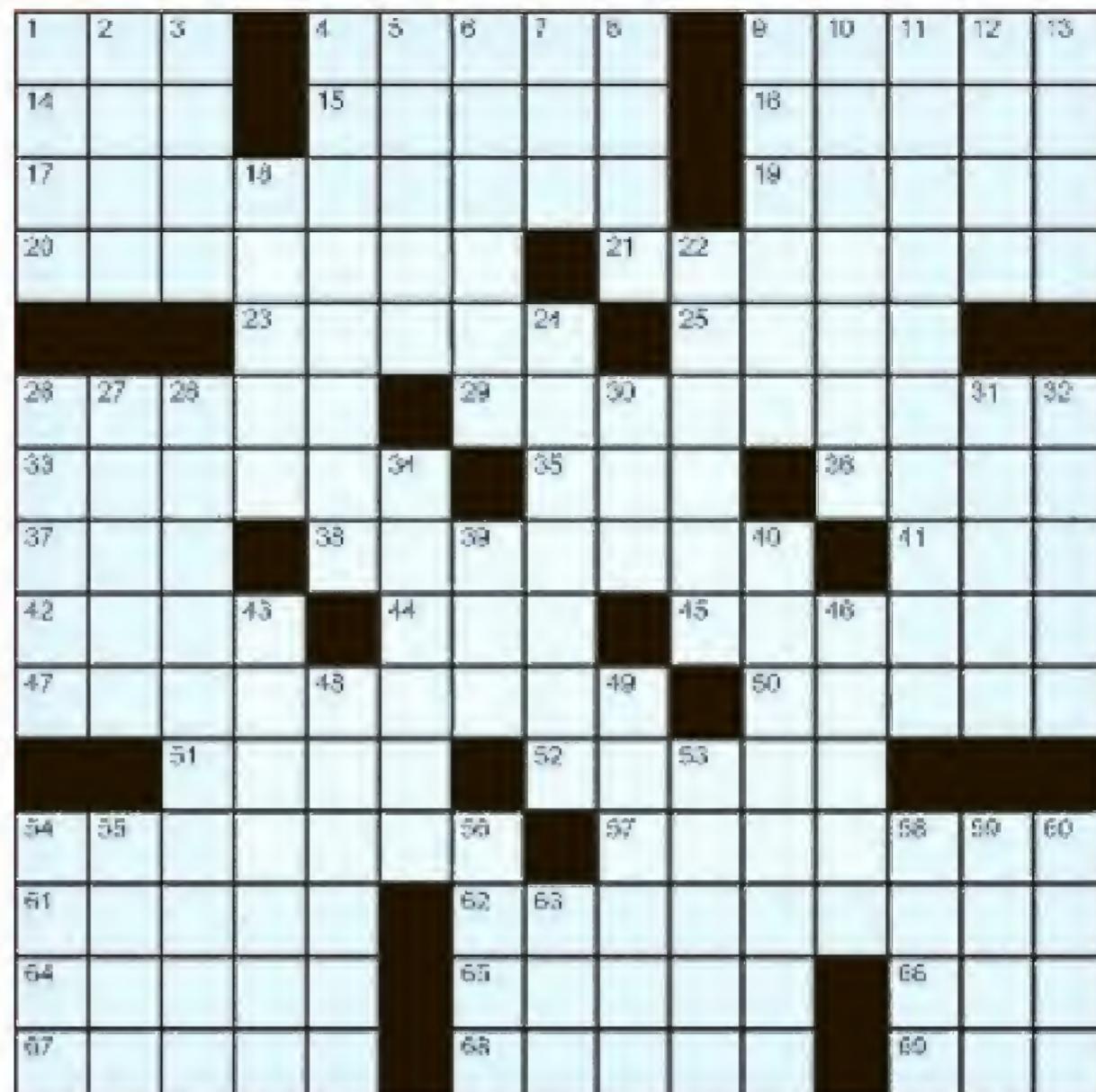
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Title for KFC's Sanders
4. 1917 Russia: Bolshevik Revolution leader Vladimir
9. Casual/noisy pants, for short
14. Stop __ dime
15. Sort of skirt
16. Halifax-based energy company
17. Whales that frequent #28-Down
19. " __ begin." (It's time we started this meeting)
20. "One of Us" by Joan __
21. Cultivation
23. Soup-server's scooper
25. Sir Coward of plays
26. Spherical
29. Standards measurer
33. How to tackle a problem: 2 wds.
35. Gunk
36. Cut-rate store event
37. "Judging __"
38. Antique purchase, __ desk
41. Mr. Bachman
42. Hilarious human
44. Kicker's prop
45. Canadian communications company
47. Do this in a facial to remove flakiness
50. Bull riding show place
51. Sea fluff
52. Snoozed
54. 'M' of RCMP
57. The Young Rascals hit in '67
61. Ms. Lennox of song
62. Existing in the mind only
64. Valuable mine deposits
65. Cyclades island in



- the Aegean Sea
66. __ up (Absorb)
67. Cheater's date
68. Seven, in Italy
69. Finish
- DOWN**
1. Salmon of the Pacific Northwest
 2. Burden
 3. __ and rice (Dog food flavour)
 4. Government of Newfoundland & __
 5. Antelope of Africa
 6. In a fine manner
 7. Calligrapher's supply
 8. Cozy retreat
 9. Yo-Yo Ma's instruments
 10. Folded-over frying pan servings
 11. Struck back
 12. Shoppers Mart link
 13. Mailing request, commonly

18. Maneuvered the gondola, say
22. __ carpets
24. New arrivals in the aerie
26. Chicago airport
27. Song's disco-y version
28. Where the world's highest recorded tides are situated, between New Brunswick and Nova Scotia: 3 wds.
30. Deteriorate
31. County in Ireland
32. Ashton Kutcher TV role
34. Guess Who tune: 2 wds.
39. Ms. Michele
40. Marine mammal on a mission?
43. Canada's two dollar coins
46. Boarded the bus: 2 wds.
48. Most recent
49. Jazz music siblings, Les & Larry __
53. Grain fungus
54. Retro milk-shake
55. __ about (Circa)
56. Chips go-withs
58. Bouquet holder
59. Laundry room appliance
60. Big Apple force [acronym]
63. Ms. West

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake*Aries** March 21 - April 20

For the next several months, you will be looking good. This is an excellent time to buy wardrobe treasures. Enjoy shopping. (Keep your receipts.)

Taurus April 21 - May 21

Many of you might be involved in a secret love affair for the next several months. You definitely are doing something behind the scenes that pleases you.

Gemini May 22 - June 21

Friendships with creative, artistic people will be important to you this year. In fact, it's a good time to make new friends.

Cancer June 22 - July 23

A romance with a boss might begin for some of you. (This is possible for the next four months.) Meanwhile, others will want your creative advice about things.

Leo July 24 - Aug. 23

Travel for pleasure appeals to you during the next few months. You want a little adventure and a chance to get away for fun!

Virgo Aug. 24 - Sept. 23

Your relationship with romantic partners will be affectionate and cozy during the next few months. This also is a good time to benefit from the wealth and resources of others.

Libra Sept. 24 - Oct. 23

You will improve your relationships with partners and close friends this year, because Venus will be opposite your sign for most of the time until June. This is great news!

Scorpio Oct. 24 - Nov. 22

For the next few months, work on ways to make your workplace feel and look more attractive. Many of you will get a raise or praise as well. Looking good!

Sagittarius Nov. 23 - Dec. 21

This year you'll have lovely romantic possibilities and opportunities. This lovely blessing will last for the next four months.

Capricorn Dec. 22 - Jan. 20

Many of you are involved in redecorating projects at home because you want your place to be more attractive. The next few months also are a great time to entertain at home.

Aquarius Jan. 21 - Feb. 19

Life is good. During the next few months, you will see how much love there is in your daily world. It might amaze you.

Pisces

Feb. 20 - March 20
Look for ways to boost your income during the next few months, because they do exist. (Mind you, you also will be spending money on beautiful things for yourself ones.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2	5	4	1	
5	1	4	6	9
	9		5	
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4	1	8	3	

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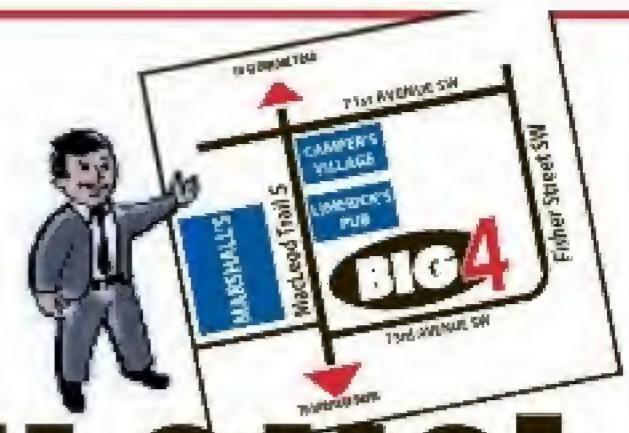


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